

A
Choice Manuall,
OR
RARE and SELECT
SECRETS
IN
PHYSICK
AND
CHYRURGERY:

Collected, and practised
by the Right Honourable, the
Countesse of Kent, late
deceased.

Whereto are added seve-
ral Experiments of the Virtues
of Gascon powder, and *Lapis co-
tra Yervum*, by a Professor
of Physick.

As also most Exquisite waies
of Preserving, Conserving,
Cancying &c.

The Twelveth Edition.

LONDON,
Printed, by *Garrude Dawson*, and
are to be sold by *William Shears*
at the Sign of the *Blew Bible*
in Bedford Street in Covent
Garden. 2639.



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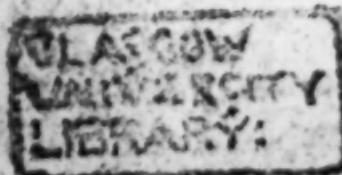
LONDON,
Printed, by *Garride Dafson*, and
are to be sold by *William Shears*
at the Sign of the new Bible.
in Bradford Street in Covent
Garden. 2659.



To
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John Murray
London
1770
George
Canning



1770



To the Vertuous and most
Noble Lady, *Latitia Popham*,
Wife of the Honoura-
ble and truely Valiant
Colonel Alexander
Popham.

Thrice Noble and truely
Vertuous Lady.

A fter mature deliberation
what to render unto your ac-
ceptance worthy your Par-
tage, nothing occurred more probable,
than this small Manual; which was
once esteemed a rich Cabinet of know-
ledge, by a person truely Honourable.
May it auspiciously procure but your
Honours like friendly Estimation, and
when I doubt not, but it will find a uni-
versal acceptance amongst persons of
greatest Eminency. Sure I am, it
may be justly deemed as a rich Maga-
zene of experience, having long since

The Epistle Dedicatory.

taught the world its approved excellency, yea, even in many dangerous exigencies. All I humbly crave for the present is, my boldness may be favourably excused, since 'twas my lawfull ambition, thereby to avoid ingratitude, for the many singular favours I have already received from your endeared truly Honourable Husband, my alwayes true noble friend, and most happy Country-man. God multiply his blessings upon all your noble Family, and make you no less honourable here on Earth, than eternally happy hereafter: which shall be the dayly prayer of him, whose highest Emulation is,

In all due ways
abundantly to Ho-
nour and Serve you.

W. J.

TO

TO THE READER.

Courteous Reader.

Well rememb'ring that we are all born for the weal publike good : I here tender to thy perusal this small, and yet most Excellent Treatise, Entituled, *A Choice Manual of Rare and Select Serets in Phyfick*: If thereby thou suck abundance of Profit, I shall be superlatively glad, but if any, or perchance many unlooked for mistakes, for want of a due application, bid thee entertain contrary thoughts, the effect not answering thy curious expectation, upon a more serious reflex, know, that nothing is absolutely perfect, and withal, that the richest and most sovereign Antidote may be often misapplied: wherefore the fault not being mine, excuse and cease to censure : For which just, and but reasonable favour, thou shalt deservedly oblige me,

Thine, W.F.

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A

To cure of Sore Throat
take mugwort water 3 ounces
troches of white powder half a dram
Confection of Alkanus a Dram
Lyons of mugwort an ounce mix i/
and take it at a draught

A
Choice Manual,
OR
RARE and SELECT
SECRETS
IN
PHYSICK,

By the right Honourable
the Countesse of KENT.

A very good medicine for a Consumption and Cough in the Lungs.

 Take a pound of the best Honey as you can get, and dissolve it in a Pipkin, then take it off the fire, and put in two pennis-worth of flower of brimstone, and

2. *A Choice Manual*, or,
two penniworth of pouder of Ele-
campane, and two penniworth of the
flower of Liquorice, and two penni-
worth of red Rose water, and so stir
them together, till they be all com-
pounded together, and put it into a gally pot, and when you use it,
take a Liquorice stick beaten at one
end, and take up with it as much al-
most as half a Wallnut, at night
when you go to bed, & in the morn-
ing fasting, or at any time in the
night when you are troubled with
the Cough, and so let it melt down
in your mouth by degrees.

*Sir John Dibgies Medicine for the
Stone in the Kidneys.*

Take a pound of the finest Ho-
ney, and take seven quarts of Con-
duit water, set them on the fire, and
when it is ready to seeth, scum it,
and stil as the froth doth rise, scum it
and put in twenty whole Cloves, and
let them seeth softly for the space
of half an hour, and so bottle it up
for your use, and drink it morning
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Rare Secrets in Physick. 3

and evenings and at your meat, and use no other drink until you are wel.

A Medicine for the falling sicknesse.

Take a penny weight of the pouder of gold, six penny weight of Pearl, six penny weight of Amber, six penny weight of Corral, eight grains of Bezar, half an ounce of Piony seeds: also you must put some pouder of a dead mans scull that hath been an Anatomy for a woman, and the pouder of a woman for a man, compound all these together; and take as much of the pouder of all these as will lie upon a two-pence for nine mornings together in Endive water and drink a good draught of Endive water after it.

*For Cordials and Restoratives use
these things following.*

In any faintnesse take three drops of oil of Cinnamon, mixed with a spoonfull of Syrup of Gillyflowers, and as much Cinnamon water, drink this for a Cordial.

Against

4 A Choice Manual, or,
Against Melancholly.

Take one spoonful of Gilliflowers, the weight of seven barley corns of Bever stone, bruise it as fine as flower, and so put it into two spoonfuls of Sirrupe of Gilliflowers, and take it four hours after supper, or else four hours after dinner, this will cheer the heart,

If you be sick after meat use this.

Take of the best green Ginger is preserved in Sirrup, shred it in small pieces, put it into a gally pot, & put Cynamon water to it, then after dinner or supper eat the quantity of two nutmegs upon a knifes point.

Aqua Mirabilis.

Take three pints of white White one pint of *Aqua vita*, one pint of juice of Celendine, one drachm of Cardamer, a drachm of Mellilot flowers, Cubebs a drachm, of Galingal, Nutmeg, Mace, Ginger, and Cloves, of each a drachm, mingle all these together over night, the next morning set them a stilling in a glass Limbeck.

The

The Vertues.

This water dissolveth swelling of the Lungs, and being perished doth help and comfort them, it suffereth not the bloud to putrifie, he shall not need to be let bloud that useth this water, it suffereth not the heart-burning, nor Melancholly or Fegm to have dominion, it expelleth urine and profiteth the Stomack, it preser-veth a good colour, the visage, me-mory and youth, it destroyeth the Palsie.

Take some three spoonfuls of it once or twice a week, or oftner, morning and evening, first and last.

Another way to make Aqua Mira-billis.

Take Galingal, Cloves, Quilbs, Ginger, Mellilip, Cardamomic, Mace, Nurmegs, of each a drachm, and of the juice of Celendine half a pint, adding the juice of Mints and Balm, of each half a pint more, and mingle all the said spicess being beaten into a powder, with the juice,

with

6 *A Choice Manual*, or,

with a pint of good *Aqua vita*, and three pints of good white Wine, and put all these together into a pot, and let it stand all night being close stopt, and in the morning still it with a soft fire as can be, the still being close pasted, and a cold still.

A Medicine for the Stone in the Kidneys.

Take a good handfull of Pellitory of the wal, a handful of Mead Parsley, Saxifrage, a handful of wild Thyme, a handfull of garden Parsley, three spoonfuls of Hennell seeds, six Horse Raddish roots sliced, then shred all these together, put them in a gallon of new Milk, and let them stand and steep in a close pot one whole night, and then still them milk and all together, this must be done in May or June, for then hearbs are in their best state, and when it is taken you must put two or three spoonfuls of this water, as much white Wine as Renish,

Rare Secrets in Physick. 7

Renish, and if you please a little sugar, and so take it two daies before the change, and two daies after, and two daies before the full, and two daies after, continuing taking the same all the year, and the patient undoubtedly shall find great ease, and void many stones, and much gravel, with little pain.

To make Horse-Raddish drink.

Take half a pound of Horse-Raddish, then wash and scrape them very clean, and slice them very thin cross wales on the root, then put them into six quarts of small Ale, such as is ready for drinking, which being put into a pipkin close covered set on the embers, keeping it little more than blood-warm for twelve hours, then take it off the fire, and let it stand to cool untill the next morning, then pour the clear liquor into bottles, and keep it for your use, drinking a good draught thereof in the morning, fasting two hours after, and the like quantity at four in the afternoon,

8 A Choice Manual, or,

noon, this drink is excellent good
against winds, as also for the scour-
ing and dropsie being taken in time.

An excellent Sirrup against Melas-
cholly.

Take four quarts of the juyce of
Pearmains, and twice as much of
the juyce of Bugloss, and Borrage
if they be to be gotten, a drachm of
the best English Saffron, bruise it,
and put it into the juyce, then take
two drachms of Kermes smal beaten
to pouder, mix it also with the juice
so being mixt, put them into an
earthen vessel, covered or stopt
forty eight hours, then strain it
and allow a pound of sugar to every
quart of juyce, and so boil it to the
ordinary heighth of a sirrup, after
it is boiled, take one drachm of the spi-
ces of Diamber, and two drachms
of the spices of Diamargantion frigi-
dum, and so sew the same slenderly
in a linnen bag, that you may put
the same easily into the bottle of sir-

rupe

Rare Secrets in Physick. 9

rupe, and so let it hang with a thread out at the mouth of the bottle; the spices must be put into the sirrup in the bag, so soon as the sirrupe is off the fire, whilst it is hot, then afterwards put it into the bottle, and there let it hang: put but a spoonful or two of Honey amongst it whilst it is boiling, and it will make the scum rise, and the sirrup very clear.

You must add to it the quantity of a quarter of a pint of the juyce of Balm.

An excellent Receipt for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of London Trisicle, beaten together in a morter, and with a little *Carduus*, or some such water, vapour it over the fire, till it come to an Electuary: keep this in a pot, and take as much as a Walnut, it is good to cure a Fever, Plague, and any infection.

10 *A Choice Manual, or,*
An excellent Cordiall.

Take the floures of Marigolds,
and lay them in small spirit of wine
when the tincture is fully taken out,
pour it off from the flowers, and va-
pour it away till it come to a con-
sistence as thick as an Electury.

For a bruise or stich under the Ribs.

Take five or six handful of Cab-
bage, stamp it, and strain it, after
it is boiled in a quart of fair water
then sweeten it with Sugar, and
drink it off in a wine glasse in the
morning, & at four in the afternoon
for five or six daies together, then
take a Cabbage leat, and between
two dishes stew it, being wet first in
Canary wine, and that lay hot to
your side evening and morning.

*An excellent Receipt for an Itch,
any foul Scabs.*

Take Fox-gloves, and boil a
handful of them in posset drink, and
drink

Rare Secrets in Physick. XI

drink of it a draught at night, and in the morning, then boil a good quantity of the Fox-gloves in fair running water, and annoint the places that are sore with the water.

A Receipt good for the Liver.

Take Turpentine, slice it thin, and lay it on a silver or Purflane Plate, twice or thrice in the Oven with the bread till it be dry, and so make it into pouder, every day take as much as will lye on a sixpence in an Egg.

For Flegm, and stopping in the throat and stomack. D. T.

Take oil of almond, Linseed oil, buds of Orange floures, boil all these in milk, and annoiint the stomack well with it, and lay a scarlet cloth next to it.

For an extream cold and a cough.

Take of Hysop water six ounces, of red Poppy water four ounces, six Dates, ten Figs, and slice them small, a handful of Raisins of the Sun, the weight of a shilling of the

B 3 pouder

12 A Choice Manual, or,

Pouder of Liquorice, put these into the aforesaid waters, and let them stand five or six hours upon warm embers, close covered, and not boil, then strain forth the water, and put into it as much Sugar of Roses as will sweeten it, drink of this in the morning, and at four of the clock in the afternoon, and when you go to bed.

To distill Triacle-Water.

Take one ounce of Harts-horn shaved, and boil it in three pints of *Carduus* water til it come to a quart, then take the roots of Elecampane, Centian, Ciprelle, Turmentil and of Cikron rinds, of each one ounce, Borage, Bugloss, Rosemary flowers of each two uncnes, then take a pouud of the best old Triacle, and dissolve it in six pints of white wine and three pints of Rose-water, so infuse all together, and distil it.

It is good to restore spirits, and speech, and good against swooning,

faint-

faintness, agues, and wormes, and
the small pox.

Triacle-water.

Take three ounces of *Venice Tri-*
acle, and mingle it in a quart of spi-
rits of wine, set it in hors-dung four
or five dayes, then still it in ashes
or Sand twice over, after take the
bottom which is left in the Still, and
put to it a pint of spirit of wine, and
set it in the dung till the tincture be
clean out of it, and strain the clear
tincture out of it, and set it on the
fire, till it become to be a thick con-
sistence, it must be kept with a soft
fire. And so the like with Saffron.

To take away Hoarsness.

Take a Turnip, cut a hole in the
top of it, and fill it up with brown
Sugar-candy, and so roast it in the
embers, and eat it with Butter.

To take away the Head-a-b.

Take the best Sallade oil, and the
glasie half full with tops of Poppy
houres which groweth in the Corn,

34 *A Choice Manual, or,*

Set this in the Sun a fortnight, and so keep it all the year, and annoint the temples of your head with it.

For a Cough.

Take Sallade oil, *Aqua vita*, and Sack, of each an equal quantity, beat them all together, and before the fire rub the soles of your feet with it.

To make Jelly of Harts-horn.

Take a quart of running water, and three ounces of Harts-horne scraped very fine, then put it into a Stone Jug, and set the Jug in a kettle of water over the fire, and let it boil two or three hours till it jelly, then put it into three or four spoonfuls of Rose-water, or white Wine, then strain it: you may put into it Musk, or Ambergreece, and season it as you please.

To make a Glistey.

Take half a quart of new Milk, or three quarters, set it on the fire, and make it scalding hot, then take it off, and

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Musk,
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ilk, or
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Rare Secrets in Physick. 15

and put into it the yolk of a new laid Egg beaten, two ounces of brown Sugar-candy, or black Sugar, give it to the party blood-warm.

Another.

Take the bone of a neck of Mutton, or Veal, clean washed, set it on the fire to boil in three pints of fair water, and when it is clean scummed then put in the roots of Fennel and Parsly clean washed and scraped, of either of them, the roots bruised, a handful, of Cammomil, and Mal-lowes a handful, let all these boile together till half be wasted, then strain it, take three quarters of a pint of this broth, brown Sugar-candy two ounces, of oil of Flax seed two ounces, mingle all these together, and take it for a glister, blood-warm, when it is in your body keep it half an hour, or three quarters of an hour, or an hour if you can.

16 A Choice Mannel, or

A comfortable Cordial to cheer
the Heart.

Take one ounce of conserve of
Gilliflowers, four grains of the best
Musk bruised as fine as flower, then
put it into a little tin pot, and keep it
till you have need to make this Cor-
dial following; *Viz.*, Take the quan-
tity of one Nutmeg cut of your tin
pot, put to it one spoonful of Cinnam-
mon-water, and one spoonful of
the sirrupe of Gilliflowers, Amber-
grise, mix all these together, and
drink them in the morning fasting
three or four hours, this is most
comfortable.

A Cordial for wind in the Stomack;
or any Part.

Take six or eight spoonfulls of
Pennitroyal-water, put into it four
drops of oil of Cinnamon, so drink
it any time of the day, so you fast
two hours after.

Restoratives.

Take a well fleshe Capon from
the

Rare Secrets in Physick. 17

the barn door, and pluck out his Entrails, then wash it within with a little white Wine, then flea off all the skin, and take out his bones, & take the flesh, onely cut it in little pieces, and put it into a little stone bottle, and put to it one ounce of white Sugar candy, six Dates slit, with the stones & piths taken out, one large Mace, then stop the bottle up falt, and set it in a Chafer of water, and let it boil three hours, then take it out, and pour the juyce from the meat, and put to it one spoonful of red Rose-water, and take the better part for your break fast four hours before dinner, and the other part at three a clock in the afternoon, being bloud-warm.

Another Restorative.

Take half a pint of Clarer wine, and half a pint of Ale, and make a Caudle with a new laid Egg, pu in half a Nutmeg cut into two pieces, then take it off the fire, and pur in seven grains of Ambergriese, drink this

this for two breakfasts, for it will
increase blood and strength.

Another Restorative.

Take two new laid Eggs, and take
the whites clean from them, and put
the yolks both in one shell, then put
in two spoonfuls of Claret wine, se-
ven grains of Ambergrise small
bruised, and a little Sugar-candy,
stir all these together, & make them
bloud-warm, and sup them up for a
breakfast three or four hours be-
fore dinner.

Another Restorative.

Take a young leg of Mutton, cut
off the skin and the fat, take the flesh
being cut into small pieces, and put
it into a stone bottle, then put to
it two ounces of Raisins of the Sun
stoned, a large Mace, an ounce and
half of Sugar-candy, and stop the
bottle very close, and let it boil in a
Chaser three hours, and so put the
juice from the meat, and keep it in
a clean glasse, it will serve for three
break-

for it will
breakfasts, or if he will he may take
some at three a clock in the after-
noon being made warm.

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A restoring Broth.

Taketwo ounces of Chene-roots,
first slit very thin, then put it in a
new Pipkin with five pints of run-
ning water, being close covered, and
so set it upon embers all night long,
where it may be very hot, but not
seeth, then put to that water a great
Cock Chicken, and when it is clean
scummed, put into it two spoonfuls
of French Barly, six Dates slit, with
the pits and Stones taken out, two
ounces of Raisins of the Sun ston'd
a large Mace, let all these boil toge-
ther, till half be consumed, then take
out the Cock, and beat the flesh of it
in a clean Morter, and a little of the
broth, then strain it all together
throughout a hair Cullender, then
put in two spoonfuls of red Rose-
water, and sweeten it with white Su-
gar-candy, drink of this broth, being
made

20 *A Choice Manual*, or,

made warm, half a pint in the morning early fasting, and sleep after it; if you can, drink a good draught at three of the clock in the afternoon, this broth is very good for a Consumption, and the longer they take it, it is the better.

A strengthening Meat.

Take Potato roots, roast them or bake them, then pill them, and slice them into a dish, put to it lumps of raw Marrow, and a few Currans, a little whole Mace, and sweeten it with Sugar to your taste, and so eat it instead of buttered Parsnips.

Broth for a consumption.

Take three Marrow bones, break them in pieces, and boil them in a gallon of water till half be consumed, then strain the liquor through a Callender, & let it stand while it be cold, then take off all the fat clean and put the broth into a pipkin, and put to it a good Cock-Chicken, and

a knuckle of Veal, then put into it the bottom of a white loat, a whole Mace, two ounces of Raisins of the Sun stoned, six Dates stit, let al these boil together till half be consumed, then strain it, instead of Almonds take a few Pistachies kernils, & beat them, and strain with your broths as you do Almond Milk, and so sweeten it with white Sugar, and drink half a pint early in the morning, and at three a clock in the afternoon, and so continue a good while together, or else it would do you no good.

Another Cordial.

Take a preserved Nutmeg, cut it in four quarters, eat a quarter at a breakfast, and another in the afternoon, this is good for the head and stomach.

A Cordial for a Breakfast fasting.

Eat a good piece of a Pomeckron preserved, as big as your two fingers in length and bredth, and so at three of the clock in the afternoon.

22 A Choice Manual, or,
A rectoring Breakfast.

Take the brawn of a Capon, or
Pullet, twelve Jordan Almonds
blanched beat them together, and
strain out the juyce with a draught
of strong broth, and take it for a
breakfast, or to bedward.

*A Medicine for any griping of the
Belly.*

Take a pint of Claret wine, put to
it a spoonful of Parsly seed, and a
spoonful of sweet Fennel seed, half a
dozen cloves, a branch of Rosema-
ry, a wild Mallow root clean wash'd
and scrapt, and the pith taken out,
with a good piece of Sugar, set this
on the fire, and burn the Claret ve-
ry well with all these things in it,
then drink a good draught of it in
the morning fasting, and at three a
clock in the afternoon.

To keep the body Lapintine.

Take half a pint of running wa-
ter, put it in a new Pipkin with a
cover,

cover, then put into the water two ounces of Manna, and when it is dissolved, strain it, and put to it four ounces of Damask Prunes, eight Cloves, a branch of Rosemary, let all these stew together while they be very tender, then eat a dozen of them with a little of the liquor an hour before dinner or supper, then take a draught of broth and dine.

To make the China Broth for a Consumption.

Take China root thin sliced two ounces, steep it twenty four hours in eight pints of fair water, letting it stand warm all the time, being close covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrel, or two Chickens clean dressed, and scum it well, then put in five-leaved Grasse two handfuls, Maiden-hair, Harts-tongue, of either half a handful, twenty Dates sliced, two or three Mace, and the bottome of a Manchet, let all these

New

A Choice Manual, or,

W together, untill not above one
part remains, then strain it, and
take all the flesh, and sweet bones,
beat them in a stone Morter, and
strain out all the juyce wth the
broth, then sweeten it wth two oun-
ces of white Sugar-candy in pouder,
and take thereof half a pint at once,
early in the morning warm, and
sleep after it if you can, and two
hours before supper at your plea-
sure, when you steep the root, slice
two drachms of white Sanders, and
as much red Sanders, and let them
boil in the broth.

A gentle Purge.

Take an ounce of Damask Ro-
ses, eat it all at one time, fast three
quarters of an hour after, then take a
draught of Broth and dine.

Another Purge.

Take the weight of four or five
pence of Rubarb: cut it in little pie-
ces, and take a spoonful or two of
good Currans wash'd very clean, so
mingle

mingle them together, and so eat them, fast an hour after, and begin that meal with broth, you may take it an hour before if you will.

Broth for a Consumption.

Take a course Pullet, and sow up the belly, and an ounce of the conserves of red Roses, of the conserves of Borage and Buglossie hours, of each of them half an ounce, Pine Apple kernels, and Pistachies of each half an ounce bruised in a Morter, two drachms of Amber powder, all mixed together and put in the belly, then boil it in three quarts of water, with Egrimony, Endive and Succory, of each one handful, Sparrow-grass roots, Fennel roots, Caper roots, and one handful of Raisins of the Sun stoned, when it is almost boyled, take out the Pullet, and beat it in a stone Morter, then put it into the liquor again, and give it three or four walmes more, then strain it, and put to a little red Rose-water,

and

26 *A Choice Manual, or,*
and half a pint of white Wine, and
so drink it in a morning, and sleep
after it.

To prevent miscarrying.

Take *Venice Turpentine*, spread
it on black brown paper, the breadth
and length of a hand, lay it to the
small of her back, then give her to
drink a caudle made of Muscadine,
and put into it the husks of twenty
three sweet Almonds dried, and
finely powdered.

*For Boiles, or Kibes, or to draw
Sore.*

Take strong Ale, and boil it from
a pint to four spoonfuls, and so keep
it, it will be an Ointment.

To make Cammomil Oil.

Shred a pound of Cammomil, and
knead it into a pound of sweet But-
ter, melt it, and strain it.

A Receipt for the Plurifie.

Take three round Balls of Horse-
dung, boil them in a pint of white
Wine till half be consumed, then
strain

strain it out, and sweeten it with a little Sugar, and let the Patient go to bed and drink this, then lay him warm.

For an Ague.

Take a pint of Milk and set it on the fire, and when it boiles put in a pint of Ale, then take off the curd and put in nine heads of *Carduus*, let it boil till half be wasted, then to every quarter of a pint put a good spoonful of Wheat flower, and a quarter of a spoonful of grosse Pepper, & an hour before the fit, let the Patient drink a quarter of a pint, and be sure to lye in a sweat before the fit.

An excellent Balm for a green Wound

Take two good handfuls of English Tabocco, shred it small, and put it into a pint of Sallade oil, and seeth it on a soft fire to simper, till the oil change green, then strain it, and in the cooling put in two ounces of Venise Turpentine.

8 A Choice Manual, or,

For an Ach.

Take of the best Gall, white wine
Vinegar, and *Aqua vitae*, of each a
like quantity, and boil it gently on
the fire, till it grow clammy, then
put it in a glas or pot, & when you
use any of it, warm it against the fire,
rub some of it with your hand on
the aking place, and lay a linnen
cloath on it, do this mornings and
evenings.

To make a Searcloash.

Virgins Wax, *Sperma Ceti*, Ve
nise Turpentine, oil of white Poppy
oil of Ben, oil of sweet Almonds.

For Wind in the Stomack, and
the Spleen.

Take a handful of Broom, and
boil it in a pint of Beer or Ale till
be half consumed, and drink it for
the wind, and the stomack, and for
the Spleen.

Rare Secrets in Physisk. 29

A most excellent Water for a Consumption and Cough of the Lungs.

Take a running Cock, pull him alive, then kil him, when he is almost cold cut him abroad by the back, & take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones, put him into such a Still as you still Rose water in, and with a Pottle of Sack, a pound of Currans, a pound of Raisins of the Sun stoned, a quartēr of a pound of Dates, the stones taken out, and the Dates cut small, two handfuls of wild Thyme, two handfuls of Orgares, two handfuls of Pimperhal, and two handfuls of Rosemary, two handfuls of Buglossē and Borage houres, a pottle of new Milk of a red Cow, still this with a soft fire, put into the glass that the water doth drop into, half a pound of Sugar-candy beaten very small, one book of leaf Gold cut small among the Sugar, four grains of Ambergrise,

twelve

30 *A Choice Manna, or,*

twelve grains of prepared Pearl, you must mingle the strong water with the small, and drink four spoonfuls at a time in the morning fasting, and an hour before supper, you must shake about the glass, when you drink it.

For a bruise.

Take six spoonfuls of Honey, a great handful of Linseed, bruise these in a Morter, and boil them in a pint of Milk an hour, then strain very hard, and annoint your breast and stomach with it every morning and evening, and lay a red cloth upon it.

*The Eye water for the infirmities
and diseases of the Eye.*

Take of the distilled water of the white wild Rose, half a pound of the distilled water of Celendine, Fennel, Eye-bright, and Rue each two ounces, of Cloves an ounce and a half, of white Sugar-candy one drachm, of *Tutia* prepared for the ointment two ounces, pulverize all these together

Pearl, you dientis each by themselves, saving that water with you must bruise the Camphire with spoonfuls of your Sugar-candy, for so it breaks best, then mix all the pouders together in a Paper, put them in a strong glass, pour the distilled waters upon them, and three pints of the best French white Wine that can be had, Honey, shake it every day three or four ed, bru times long together for a moneth, il them in and then you may use it: remember hen strain to keep it very close stopt. This is your bre verbatim as it was had from the Lord ry morning Kelly.

A Medicine very good for the Drop-sie or the Scurvy, and to clear the Eye.

Take four gallons of Ale, drawn from the tap into an earthen Stand, when the Ale is two dayes old, then you must put in of Brook-lime, of Water-cresses, of Water-mints with Sugar-candy and stalks, of each four handfuls, prepared so half a peck of Scurvy-grasse, let all these ingredic
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30 *A Choice Manual, or,*
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A Medicine very good for the Drop-
sic or the Scurvy, and to clear the
Blood.

Take four gallons of Ale, drawn
from the tap into an earthen Stand,
when the Ale is two dayes old, then
you must put in of Brock-lime, of
Water-cresses, of Water-mints with
Sugar-candy and stalks, of each four handfuls,
prepared half a peck of Scurvy-grasse, let all
these be clean picked, and washed,

2nd dried with a cloth, and shre
with a knife, & then put into a bag
then put in the Ale and stop it close
so that it have no vent, stop it with
Ric paste ; the best Scurvy-grass
groweth by the water side, it must be
seven daies after the things be in be-
fore you drink it. Take two quins
of water, and put in four ounces of
Guaicum, two ounces of *Sarsaparilla*,
one ounce of *Saxifrage*, put it in
to a pipkin, and infuse it upon the
embers for twelve hours, and then
strain it, and put it into the Ale
soon as it hath done working, the
being added makes the more Cun-
dle.

For sore Eyes.

Take halfe a pint of red Rose-wi-
ter, put therein four penniworth
Aloe succatrina, as much *Bole arm-
niack* in quantity, let this ly four or
twenty hours in steep, then wash
your eye with it evenings and morn-
ings with a Feather, and it will keepe
them.

A Sim

Rare Secrets in Physick. 33

A Sirrup to strengthen the stomach,
and the brain, and to make a sweet
breath.

Take Rinds while they be new
one pound, of running water the va-
lue of five wine pints, then seeth it
unto three pints, then strain it, and
with one pound of Sugar, seeth it to
a Sirrup, and when you take it from
the fire, put to it four grains of
Musk.

For the burning in the back.

Take the juyce of Plantain, and
to the Ale or Womans milk, being of a woman
Child, put thereto a sponsonfull of
Rose-water, and wet a fine cloth in
the same, and so lay it to your back
where the heat is.

A very good Medicine to stay the
Vomiting.

Take of Spare-Mints, Worm-
wood, and red Rose leaves dried, of
each half a handful, of Rye bread
and more grated a good hanful, boll all these
in red Rose-water and Vineger, till
they be somewhat tender, then put it

A Sim-

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into

34 *A Choice Manual*, or,
into a linnen cloath, and lay it to the
Stomack as hot as you can endure it,
heating it two or three times a day
w^tch such as it was boiled in.

For Weakness in the Back,

Take Nip, and Clary, and the
Marrow of an Oxe back, chop them
very small, then take the yolks of two
or three Eggs; and strain them all
together, then fry them, use this six
or even times together, and after it
drink a good draught of Bastard or
Mulcadine.

*To make a Cap for the pain and cold-
ness of the Head.*

Take of Storix and Benjamine
of both some twelve pennisworth
& bruise it, then quilt it in a brown
paper, and wear it behind on your
head.

To make pectoral Rouls for a Cold.
Take four ounces of Sngar fine
ly beaten, and half an ounce of sear-
ed Liquorice, two grains of Mus-

Rare Secrets in Physick. 35

and the weight of two pence of the
sirupe of Liquorice, & so beat it up
to a perfect paste, with a little sittup
of Horehound, and a little Gum-
dragon being steeped in Rose-wa-
ter, then roul them in small Roul-
s and dry hem, and so you may keep
them all the year.

For the running of the Reins.

Take the pitch of an Oxē that go-
eth down the back, a pint of red
Wine, and strain them together
through a cloath, then boil them a
little with a good quantity of CIn-
namon, and a Nutmeg, and a large
Mice, a quantity of Ambergriece,
drink this first and last dayly.

For Sun burn.

Take the juyce of a Lemon, and
a little Bay salt, and wash your
hands with It, and let them dry of
themselves, wash them again, and
you shall find all the spots and stains
gone.

36 A Choice Manual, or,
For a Pin, and Web, and redness
in the Eye.

Take a pint of white Rose-water,
half a pint of white Wine, as much
ot *Lapis calaminaris* as a Walnut
bruised, put all these in a glasse, and
set them in the Sun one week, and
shake the glasse every day, then take
it out of the Sun, and use it as you
shall need.

A special Medicine to preserve the
Sight.

Take of brown Fennel, Honey-
uckles of the hedge, of wild Daisie
roots picked, and washed, and dried,
of Peal-wort, of Eyebright, of red
Roses, the white clipped away, of
each of these a handful dry gather-
ed, then steep all these hearbs in a
quart or three pints of the best white
Wine in an earthen pot, and so let it
lye in steep two or three daies close
covered, stirring it three times aday,
and so still it with a gentle fire, ma-
king two distillings and so keep it
for your use.

A proved

Rare Secrets in Physick. 37

A proved Medicine for the yellow Jaundise.

Take a pint of Muscadine, a pretty quantity of the inner bark of a Barberry tree, three spoonfuls of the greenest goose-dung you can get, and take away all the white spots of it, lay them in steep all night, on the morrow strain it, and put to it one grated Nutmeg, one penniworth of Saffron dried, and very finely beaten, and give it to drlink in the morning.

To make pectorall Roulz.

Take one pound of fine Sugar, of Liquorice and Annise seeds two spoonfuls, Elecampane one spoonful, of Amber, and Corral, of each a quarter of a spoonful, all this must be very finely beaten and searced, and then the quantl y that is set down must be taken, mix all these pouders together well, then take the white of an Egg, and beat it wth a pretty quantity of Musk, then take a brazen morter very well scoured,

C 4 and

38 *A Choice Manual, or,*

and a spoonfull or two of the Pouders, and drop some of the Egg to it, so beat them to a paste, then make them in little roues, and lay them on a place to dry.

A Plaister for a sore Breast.

Take crumbs of white bread, the tops of Mint chopped small; and boil them in Strong Ale, and make it like a poultesse, and when it is almost boiled, put in the pouder of Ginger, and oil of Thyme, so spread it upon a cloath, it will both draw and heal.

A Medicine for the dead Palsie, and for them that have lost their speech.

Take Borage leaves, Marigold leaves, or floures, of each a good handfull, boil it in a good Ale Posset, the Patient must drink a good draught of it in the morning, and sweat, if it be in the armes or leggs, they must be chafed for an hour or two when they be grieved, and at meals they must drink of no other drlnk

Rare Secrets in Physick. 39

drink till their speech come to them again, and in winter, if the hearbs be not to be had, the seeds will serve.

An approved Medicine for an Ach, or Swelling.

Take the floures of Cammomil, and Rose leaves, of each of them a like quantity, and seeth them in white Wine, and make a Plaister thereof, and let it be laid as hot as may be suffered to the place grieved, and this will ease a pain, and asswage the swelling.

An approved Medicine for a stinking Breath.

Take a good quantity of Rosemary leaves and floures, and boil them in white Wine, and with a little Cinnamon and Benjamin beaten in pouder, being put thereto, let the Patient use to wash his mouth very often therewith, and this will presently help him.

A good Broth for one that is weak.

Take part of a Neck of Lamb, and a pretty running Fowl, and set them

40 A Choice Mānual, or,

them on the fire in salt spring water, and when it boileth scum it well, so done, put in two large Macē, and a few Raisins of the Sun stoned, and a little Fennel root, and a Parsley root and let them boil, if the party be grieved with heat or cold in the Stomack, if heat, put in a handful of Barley bolled before in two waters, and some Violet leaves, Sorrel, Succory, and a little Egrimony, if cold, put in Rosemary. Thyme, a Lilly, Marigold leaves, Borrage, and Bugloss, and boll this from four pints to less than one.

A Receipt for Purging. D. T.

Take the leaves of new Sene, six ounces, of chosen Rubarb one ounce and half, leaves of Sage, red Dock roots, of each an ounce, of Barberries half an ounce, Cinnamon, and Nutmegs of each an ounce, Anise-seeds and Fennel seeds, of each six drachms, of Tamarisk half an ounce, Cloves and Mace, of each half a drachm, beat them into a grosse

grossie pouder, and hang them in a linnen bag, in six gallons of new Ale, so drink it fasting in the morning and at night.

To comfort the Stomack and help Windiness and Rheum.

Take of Ginger one penniworth, Cloves four penniworth, Mace seven penniworth, Nutmeg four penniworth, Cinnamon four penniworth, and Galingal two penniworth, of each an ounce, of Cubebs, Corrol, and Amber, of each two drachms, of Fennel seed, Dill seed, and Carraway seed, of each one ounce, of Liquorice and annise seeds, of each an ounce, all beaten into fine powder, one pound and a half of fine beaten Sugar, which must be set on a soft fire, and being dissolved, the pouders being well mixed therewith till it be stiffe, then put thereunto half a pint of red Rose-water, and mix them well together, and put it into a gally pot, and take thereof first in the morning, and last in the evening

evenings, as much as a good Hasel Nut, with a spoonful or two of red Wine.

To make a Callice for a weak Person.

Take a good Chicken, and a piece of the neck end of Lamb or Veal, not so much as the Chicken, and set them on the fire, and when they boil and are well scummed, cast in a large Mace and the pieces of the bottome of a Manchet; and half a handful of French Barly boyled in three waters before, and put it to the Broth, and take such heabes as the party requireth, and put them in when the broath hath boiled half an hour, so boil it from three and a half, to one, then cast it through a strainer, and scum off all the fat, so let it cool, then take tweny good Jordan Almonds, or more if they be small, and grind them in a Morter with some of the broth; or if you think your broth too strong, grind hem with some fair water, and strain them with the broth;

broth; then set it upon a few coals, and season it with some Sugar, not too much, and when it is almost boiled; take out the thickest and beat it all to pieces in the mortar, and put it in again, and it will do well, so there be not too much of the others flesh.

For the Gout.

Take six drachms of Carisco-stine fasting in the morning, and fast two hours after it, you may roul it up in a Water, and take it as Pils, or in Sack, as you conceive is most agreeable for the Stomack; this proportion is sufficient for a Woman, and eight drachms for a man, and take it every second day, until you find remedy for it; it is a gentle purge that works only upon winds and water.

The Poulties for the Gout.

Take a penny loaf of white bread, and slice it, and put it in fair water, two Eggs beaten together, a handful of red Rose leaves, two penniworth of

of Saffron dried to pouder, then take
the bread out of the water, and boll
it in a quantity of good milk, with
the rest of the Ingredlents, and apply
it to the place grieved, as warm as
you can well endure.

For them that cannot hear.
Put into their ears good dryed Suet.

*A Sovereign water, good for many
Cures, and the health of Bodies.*
Take a gallon of good Gascoigne
Wine, White or Claret, then take
Ginger, Galingal, Cardomon, Cln-
namon, Nutmegs, Graines, Cloves,
Annise-iceds, Fennel seeds, Carra-
way seeds, of each of them three
drachms, then take Sage, Mints, red
Rose leaves, Thyme, Pellitory, Rose-
mary, wild Thyme, wild Majoram,
Organy, Penny-mountain, Penni-
royal, Cammomill, Lavender, A-
vens, of each of them a handful, then
beat the splices small, and the Herbs,
and put all into the Wine, and let k

Stand

Rare Secrets in Phyfick, 45

stand for the space of twelve hours, stirring it divers times: then still it in a Limbeck, and keep the first wa-
ter by it self, for it is best, then will there come a second water, which is good, but not so good as the first; the Virtues of this Water be these, It comforteth the Spirit vital, and preserveth greatly the Spirit vital, and preserveth the youth of man, and helpeth all inward diseases coming of cold, and against shaking of the Palsie, It cureth the contract of sinews, and helpeth the conception of the barren, it killeth the worms in th: Belly, it killeth the Gout, it help-
eth tooth-ach, it comforteth the stomack very much, it cureth the cold Dropsie, it breaketh the stone in the back, and in the ralns of the back, it cureth the Canker, it helpeth shortly the stinking breath, and whosoever useth this water oft, it preserveth them in good liking; this water will be better if it stand in the Sun all the Summer, and you must draw of
the

the first water but a pint, and of the second as far as it will run, until the whole gallon of wine and hearbs be all done out, but the last water is very small, and not half so good as the first; if you do draw above a pint of the best water, you must have all things more as is a forelaid.

To stanch the bleeding of a Wound.

Take a Hounds turd and lay it on a hot coal, and bind it thereto, and that shal stanch bleeding, or else bruise a long worm, and make pouder of it, and cast it on the wound; or take the ear of a Hare, and make pouder thereof, and cast that on the wound, and that will stanch bleeding.

For spitting of bloud after a fall or bruise.

Take Bittany, Vervain, Nose-bleed, and five leaved grasse, of each a like, and stamp them in a morter, and

and wring out the juyce of them, and put to the juice as much Goats milk, and let them seeth together, and let him that is hurt drink of it seven dayes together, till the waxing of the Moon, and let him drink also Osmury and Cumfrey with stale Ale, and he shall be whole.

For to heal him that spitteh blood.

Take the juyce of Bettany, and temper that with good milk, and give the sick to drink four dayes, and he shall be whole.

For to know whether one that hath the Flux shall live or die.

Take a penny weight of Tresolle seed, and give him to drink in Wine or Water, and do this three dayes, and if it cease he shall live, with the help of Medicine, if not, he shall die.

For to stanch the bleeding of a Vein.

Take Rue and seeth it in water, and after stamp it in a Morter, and lay it on the Vein, then take Lambs wool

48. *A Choice Manual, or,*

*wool that was never washed, and lay
that thereon, and that shall stanch
bleeding.*

For a Vein that is evill smitten.

*Take Beans and peel away the
lack, and seeth them well in vinegar,
and lay them on the Vein hot, in
manner of a Plaister.*

For one that pisseth Bloud.

*Take and seeth Garlick in water,
till the third part be wasted away,
let him drinke of the water, and he
shall be whole.*

For a Woman travelling with Child.

*Take and give her Tittany to
drinke in the morning, and she shall
be delivered with out perril, or else
give her Hysop with water that is
hot, and she shall be delivered of the
child, although the child be dead &
rotten, and anon when she is deli-
vered, give her the same without
Wine, or bind the bearb Argentine
to her noistrils, and she shall be soon
delivered, or else Polipody & stamp
it,*

d, and laye, and lay that on the womans foot
nall stanch a manner of a Plaister, and she shall
be delivered quick or dead, or else
itten. Give her Savory with hot water, and
away the he shall be delivered,

n vinegar, Against surfeiting and digesting.

n hot, in Take the bottom of a wheat loaf,
nd roast it at the fire, till it be very
rown and hard, and then take a
in water, good quantity of Aquavitæ, and put
ted away, upon the same toasted, and put it
, and he in a single linnen cloth, and lay it
the breast of the Patient all night,
nd with the help of God he shall
ith Child recover, and he shall vomit or purge
ittany soon after.

A water to comfort weak Eyes, and
to preserve the sight.

Take a gallon and a half of old
wheat, fair and clean picked from all
manner of soyle, and then still it in
an ordinary Still with a soft fire, and
the water that comes of it must be
put in a glasse, then take half a
pound of white Sugar-candy, and
bruise it in a Morter to pouder, and
after

50 *A Choice Manual, or,*

after three daies, when the water hath been in a glass, then put in the powdered Candy, then take an ounce of *Lapis Tutiæ* prepared, and put it into the glasse to the rest of the stuff, then take an ounce of Camphire, & break it between your fingers small, and put it into the glasse, then stop the glasse close, and the longer it stands, the better it wil be.

For tender Eyes, or for Children.

Take a little piece of white Sugar-candy as much as a Chesnut, & put it into three or four spoonfuls of white Wine to steep, then take it out again and dry it, and when it is dry, bruise it in a clean Morter that tastes of no spice, then put it upon a White Paper and so hold it to the fire that it may be through dry, and then scarce it through a little sieve.

For hot Eyes and red.

Take slugs, such as when you touch them will turn like the pumel of swords, a dozen or sixteen, shake

shake them first in a clean cloth, and then in another, and no' wash them, then stamp them, an at three or four spoonfuls of Ale them, and strain it through a dry cloath, and give it the party morning and evening, first and last.

For Cornes..

Take fair water half a pint, Mercury sublimate a penniworth, Allum as much as a bean, boil all these together in a glass Still, till a spoonful be wasted, and alwayes warm it when you use it, this water is also good for any Itch, Teiter, Ring-worm or Wart.

*A Searcloth, for a Sore, or Sprain,
or any Swelling.*

Take Vervain seven ounces, of Siros seven ounces, of Camphire three drachms, of oyl o: Roses ten ounces, let the Wax and the Oil boil till the Wax be melted, then put in your Siros finely beaten, stirring it on the fire till it look brown, then put in the Camphire finely beaten and

52 A Choice Manual, or;

and let it boile two or three walmes
and then dip in your cloathes.

A Poultesse for a Swelling.

Take a good handful of Viole
leaves, and as much Groundsel,
Chickweed and Mallowes, half
handful, cut all these with a knife
and so sceth them well in Condu
water, and thicken it with Bar
meal, being finely sifted, and so rou
it sure, and lay it to the swelled place
and shift it twice a day.

*To make a strong water good for
Canker, or any old Sore, or to cu
any lump of flesh that groweth.*

Take of Celendine a handful, of
red Sage a handful, and of Woodqu
bine leaves a handful, shred all the
together very small, and steep them
in a quart of white Wine, and a pint
of Water, letting it stand all night
and on the morrow straine it, and
put therein of Borax, and Camphire
of each nine penalworth, and of

Mer-

Mercury four penniworth, and set them on a soft fire, boiling softly for the space of an hour, and when you will use it, warm a little of it, dip in a cloth, and lay it on the Sore, or woundsel, and dip in it any Cotton.

To heal any bruise, Sore, or Swelling.

Take two pound of Wax, and two pound of Rosin, and two pound of Butter, and four spoonfulls of Flower, and two good spoonfulls of Honey, put in your Wax, Rosin, and your Butter altogether, boil all these together and clarifie it, then put in two ounces of Carme- and a half, and when it hath thus boiled a quarter of an hour, put a little water in, and all this in a dish, and put it in, and let it steep them till it be cold, and when you will use it, you may melt it on a soft fire, and put in your cloathes, and make Searcloath, & you may spread Camphire Plaister-wise to heal any wound.

A Medicine

54 A Choice Manual, or,
A Medicine for any wound old or new.

Take a pint of Sallade Oil, and four ounces of Bees Wax, and two Bu
ounces of Stone pitch, and two till
ounces of Rosin, and two ounces no
Venice Turpentine, and one penni
worth of Frankincense, and a hand full of Rosemary tops, and a hand full of Tu:son leaves, and a hand ful of Plantain leaves; these heath must be stamped, and the juyce them put to the things aforesaid, and let them boil together about a qua
ter of an hour, or there abouts, the being done, put it into an earth
pot, and when it is cold you may u
it as you have occasion, and keep oil it
two year, a most excellent Medicin

A Medicine for a Wen.

Take black Sope and unquend
Lance, of each a like quantity, be
them very small together, and spro
it on a woolen cloath, and lay it on
the Wen, and it will consume it
way.

OR, Rare Secrets in Physick. 55
or new for breaking out of Childrens heads.

Take of white Wine, and sweet Butter alike, and boil them together till it come to a Salve, and so anoint the head therewith.

For to mundifie, and gently to cleanse Ulcers, and breed new flesh.

Take Rosin eight ounces, Cetobonia four ounces, Eras & Olives, one pound, Adypis o vyns, Gums Amoniaci Opop naci aro, one uncce, Eruginis aris, boil your Wax, Colophoni, and Rosin, with the oil in earth together, then strain the Gums, you may first dissolved in Vinegar, and keep it with a gentle fire, then take it Medicis, and put it your Vene piece, and Ven. one pouder, and use it according to unquenchable art.

A Fomentation.

Take the liquor whereof Neats and lay it hath been boiled, with water, consume it and new Milk, and use in manner of a Fomentation.

D

FoF

56 A Choice Manual, or

For the Falling-sickness, or Convulsions.

Take the dung of a Peacock, make it into pouder, and give so much of it to the Patient as will lye upon a Shilling, in Succory-water fasting.

For a Tetter, proceeding of a humor in the Breast and Paps.

Annoynt the sore place with Tanners Oyle.

For the Bloody Flux.

Take the bone of a Gammon of Bacon, and set it up on end in the middle of a Charcoal fire, and let it burn till it look like Chalk, and when it will burn no longer, then pouder it, and give the pouder thereof unto the sick.

A Plaister for all manner of Bruises.

Take one pound of made wax, and a quartern of Pitch, half a quartern of Galbanum, and one pound of sheeps tallow, shred them and seethe them softly, and put them to a little white

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white Wine, or good Vinegar, and take of Frankincense, and Mastick of each half an ounce in pouder, and pnt it to, and boil them all together, and stll them till it be well relented, and spread this salve upon a mighty Canvas that will over-spread the sore, and lay it thereon hot till it be whole.

with Tap

To make Flos Unguentorum.

Take Rosin, Perrosin, and half a pound of Virgin wax, Frankincense a quarter of a pound, of Mastick half an ounce, of Sheeps tallow a quartre, and let thereto a quarter of a pound, of Camphire two drachms, melt that that is to melt, then poude and pouder that that is to pouder, and boil it over the fire, and strain it through a cloth into a porle of white Wine, and boil it all together, and then let it cool a little, and then put thereto a quatern of Turpentine, and stir all well together till it be cold, and keep it well. This Ointment is good for sores old and new.

D 2

it suffereth no corruption in the Wound, nor no evil flesh to be gendered in it, and it is good for head-ach, and for all manner of Imposthumes in the head, and for wind in the bra n, and for imposthumes in the body, and for boiling eares and cheeks. and for sauce flegme in the face, and for Sinews that be knit, or stiffe, or sprung with travel ; it doth draw out a thorn, or Iron, in what place soever it be, and it is good for biting or stinging of venomous beasts ; it rotteth and healeth all manner of Botches without, and is good for a Fester, and Canker, & *Noli me Tangere*, and it draweth out all manner of aking of the Liver, and of the spleen, and of the Mervil, and it is good for aking and swoing of many members, and for members, and it ceaseth the Flux Menstrua, and of Emeroids, and is a special thing to make a sume cloth to hel all manner of sores, and it searcheth farthest inward of any Ointment.

An Ointment for all sorts of Acbes.

Take Bettony, Cammomile, Celandine, Rosemary, and Rue, of each of them a handful, wash the herbs, and press out the water, and then chop or stamp them very small, and then take fresh Butter unwashed and unsalted a quart, and seeth it until halfe be wasted and clarified, then scum it clean, and put in of oil Olive one ounce, a piece of Virgins Wax, for to harden the Ointment in the summer time, and if you make it in the winter, put into your Ointment a little quantity of hot senne instead of the Virgins Wax.

An excellent Sirrup to purge.

Take of Sena Alexandrina one pound, Polipodium of the Oak four ounces, Sarsaparilla two ounces, Damask Prunes four ounces, Ginger seven drachms. Anise seeds one ounce, Cummin seed half an ounce,

D 3

Carr-

60 A Choice Manual, or,
Carraway seeds half an ounce, Cinnamon ten drachms, *Aristolochia rotunda*, *Peonia*, of each five drachms, Rubarb one ounce, Aragick six drachms, Tamarisk two handlu's, boil all these in a gallon of fair water unto a pottle, and when the liquor is boiled half away, strain it forth, and then put in your Rubarb and Agarick in a clean thin handkercher, and tie it up close, and put it into the said liquor, and then put in two pound of fine Sugar, and boil it to the height of a Sirrup, and take of it the quantity of six spoonfulls, or more, or less, as you find it worketh in you.

To make drink for all kind of Surfeitts.

Take a quart of *Aqua*, or small *Aqua vita*, and put in that a good handful of Cowslip floweres, Sage floweres a good handful, and of Rosemary floweres a handful, sweet Majoram a little, Pellitory of the wall

wall a little, Bettony, and Balm of each a pretty handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel seed, Annise-seed, Coriander seed, Carraway-seed, Gromwel seed, Juniper berries of each a drachm, bruise your Spices and Seeds, and put them into your *Aqua*, or *Aqua vitæ*, with your herbs together, and put to that three quarters of a pound of very fine Sugar, stir them together and put them in a glass, and let it stand nine dayes in the Sun, and let it be stirred every day, it is to be made in May, steeped in a wide mouthed glass, and strained out into a narrow mouthed glass.

A medicine for the Reins of the back.

Take Housleek, and stamp and strain it, then dip a fine linnen cloth into it, and lay it to the Reins of the Back, and that will heal it,

A Medicine for the Ach in the back.

Take Egrimony, and Mugwort, both leaves and roots, and stamp it

62 *A Choice Manual*, or,
with old Bores grease, and temper
it with Honey and Eysell, and lay
it to the back.

For a Stitch.

Take Roses and Cannomil, of
each a handful, and oil of Roses, and
oil of Cannomil, of both together
a saucer full, and a quantity of Bar-
ley flower, boil all these together in
Milk, and then take a linnen bag,
and put it therein, and lay the plai-
ster as hot as may be suffered where
the stitch is.

*To make a Salve for wounds that be
cankerred and do burn.*

Take the juyce of Smallage, of
Morrel, of Waberd, of each alike,
then take the white of Eggs, and
mingle them together, and put ther-
to a little Wheat flower, and stirre
them together till it be thick, but let
it come near no fire but all cold, let
it be laid on raw to the sore, and it
shall clearie the wound.

A Medicine for Bone-ach.

Take Brook-lime, and Smallage,
and

and Daisies, wkh fresh sheeps tallow, and fry them together, & make thereof a plaster, and lay it to the sore hot.

For Sinews that are shrunk.

Take young Swallows out of the nest a dozen or sixteen, and Rosemary, Lavender, and rotten Strawberry leaves, strings and all, of each a handful, after the quantity of the Swallows, the feathers guts, and all, bray them in a morter, and fry all them together with *May Butter*, not too much, then put it in an earthen pot, and stop it close nine dayes, then fry it again with *May Butter*, and fry it well, and strain it well when you shall use it, chafe it against the fire.

A water for the biting of a mad Dog.

Take Scabios, Matfiline, Yarrow, Nighshade, wild Sage, the leaves of white Lillies, of each alike quantity, and still them in a common Still, and give the quantity of

D 5 three

64 *A Choice Mankal, or,*
three or four spoonfuls of the Water
mingled with halfe a spoonful of
Triacle, to any man or beast that is
bitten, within three dayes after the
bitting, and for lack of the water, take
the juices of these Hearbs mingled
with Triacle, it will keep the sore
from rankling; take Dittany, Egri-
mony, and rusty Bacon, and beat
them fine together, and lay it unto
the wound, and it will keep it from
rankling.

*A proved medicine for any one that
have an Ague in their Breast.*

Take the Patients own water, or
any others that is very young, and
set it on the fire, put therein a good
handful of Rosemary, and let it boil;
then take two red cloaths, and dip
them in the water, then nip it hard,
and lay it on the breast as hot as it
may be indured, and apply it till you
see the breast asswaged, then keep it
very warm:

To kill a Fellon:

Take red Sage, white Sope, and
bruise

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bruise them, and lay it to the Fellon
and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as
much Vinegar, the crums of leavened
bread, and a little Honey, and boyl
them all together, til they be thick,
and lay that hot to the joynct where
the Fellon is, and that will heal it.

Doctor Stevens Sovereign Water.

Take a gallon of good Gascoigne
Wine, then take Ginger, Galingal,
Cancel, Nutmegs, Grains, Cloves,
Annise-seeds, Carraway seeds, of
each a dram, then take Sage, Mints,
red Roses, Thyme, Pellitory, Rose-
mary, wild Thyme, Cammomile.
Lavender of each one handful; then
bray both Spices and Herbs, and
put them all into the Wine, and let
them stand for twelve hours, divers
times stirring them, then straine that in
a Limbeck, but keep that which you
still stir by it self, for that is the best
but

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but the other is good also, but not
so good as the first.

The vertues of this water are
these; It comforteth the Spirits Vi-
tal, and helpeth the inward diseases
which come of cold; and the shaking
of the Palsie, it cureth the contracti-
on of Sinews, and helpeth the con-
ception of Womēn that be barren, it
killeth wormes in the body, it cu-
reth the cold Cough, it helpeth the
tooth-ach, it comforteth the Stomack,
it cureth the cold Dropsic it helpeth
the stone, it cureth shortly the stink-
ing breath, and who so useth this
water enough, but not too much, it
preserveth him in good liking, ma-
king him young.

Doctor Willoughbies Water.

Take Galingal, Cloves, Cubebs,
Ginger, Melilot, Cardimome,
Mace, Nutmegs, of each a drachm,
and of the juice of Celendine half a
pint, and mingle all these made in
pouder with the said juice, and with
a pint

a pint of good *Aqua vita*, and three pints of good white Wine, and put all these together in a Still of glass, and let it stand so all night, and on the morrow still it with an easie fire as may be.

The vertue is of secret nature, it dissolveth the swelling of the Lungs without any grievance, and the same Lungs being wounded or perished it helpeth and comforteth, and it suffereth not the blood to putrifie, he shall never need to be let bloud that useth this Water, and it suffers not the heart to be burnt, nor Melancholy or flegm to have dominion above nature, it also expellith the Rheum, and purifieth the stomack, it preserveth the viage or memory, and destroyeth the Palsie, and if this water be given to a man or woman labouuring towards death, one spoonful relieveth. In the Summer time use once a week fasting the quantity of one spoonful, and in Winter two spoonfulls.

A Me-

*A Medicine for them that have a
pain after their child bed.*

Take Tar, and fresh Barrowes
grease, and boil it together, then take
Pigeons Dung, and fry it in fresh
grease, and put it in a bag.

For the drink: Take a pint of
Malmsey and boil it, and put Bay-
berries and Sugar in it, the Bay-ber-
ries must be of the whitest, and put
therein some Sanders.

Take ~~water~~ wa:er, and set it
over the fire, and put some ground
Malt in it, when they use these things
they must keep their bed.

For running of the Reins.

Take *Venice Turpentine* rouled
in Sugar and Rose-water, swallow
it in pretty roules, and put a piece of
Scarlet warm to your back.

For Codds that be swollen.

Stamp Rue and lay thereto.

*To draw an Arrow head, or other
Iron out of a wound:*

Take the juyce of *Valerian*, in the
which

which you shall wet a Tent, and put it into the wound, and lay the same Hearb stamped upon it, then your band or binding as appertaineth, and by this means you shall draw out the Iron, and after heal the wound as it requireth.

A plaister for a green Wound.

Take Flower and Milk, and seeth them together till it be thick, then take the white of an Egg, and beat them together, and lay it to the wound, and that will keep it from rankling.

For a Lask.

Take an Egg and *Aqua vitæ*, and boil it with the Egg till it be dry; then take Cinnamon and Sugar and eat with the Egg.

For him that hath a bunch or knot in his head, or that hath his head swollen with a fall.

Take one ounce of Bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon

10 A Choice Manual, or,
upon the fire, then lay it abroad up-
on a linnen cloth, and thereof make
a plaister, the which you shall lay hot
to the head, and it will altogether af-
swage the swelling, and heal it per-
fectly.

*Against the biting of any venomous
Beast.*

As soon as the person feeleth him-
self bit with any venomous beast, or
at least, so soon as it is possible, let
him take green leaves of Fig-tree,
and press the Milk of them three or
four times into the wound: And for
this also serveth Mustard seed min-
gled with Vinegar.

*A perfect Remedy for him that is sore
wounded with any sword or staffe.*

Take *Taxas barbatus*, and stamp
it, and take the juyce of it, and if the
Wound bleed, wipe it, and make it
clean, washing it with white Wine,
or Water, then lay the said juyce up-
on the wound, and the heale where-
of

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of you take the juyce, upon it, then make your band, and let it abide on a whole day , and you shall see a wonderful effect.

A Bag to smell unto for Melancholy, or cause one to sleep.

Take dry Rose leaves, keep them close in a glass which will keep them sweet, then take pouder of Mints, pouder of Cloves in a grosse pouder, and put the same to the Rose leaves, then put all these together in a bag, and take that to bed with you, and it will cause you to sleep, and it is good to smell unto at other times.

For spitting of Blood.

Take the juyce of Bittony tempered wi h Goats Milk, and drink thereof three or four mornings together.

An Ointment f r all Sores, Cuts, Swellings, and Heat.

Take a good quantity of Smal-lage, and Mallowes, and put thereto two pound of Bores grease , one pound

72 A Choice Manual, or,
pound of Butter, and oil of Neats
foot a quantity, stamp them well to-
gether, then fry them, and strain
them into an earthen pot, and keep
it for your use.

A salve for a new Hurt.

Take the whitest Virgins Wax you
can get, & melt it in a pan, then put
in a quantity of Butter and Honey,
and seeth them together, then strain
them into a dish of fair water, and
work it in your hands, and make it
in a round Ball, and so keep it, and
when you will use it, work some of
it between your hands, and strike it
upon a cloth, and lay it upon the
sore, and it will draw and heal it.

*Against the biting of a mad Dog, and
the rage or madness that followeth a
man after he is bitten.*

Take the blossomes or flowers of
wild Thistles dried in the shade, and
beaten to powder, give him to drink
of that powder in white Wine, half a
Walnut

Walnut shell full, and in thrice taking it, he shall be healed.

Against the grief in the Lungs, and spitting of blood.

Take the Herb called of the Apothecary *Ungula Gaballina*, in English Colts-foot, incipit rated well with the lard of a Hog chopped, and a new laid Egg, boil it together in a pan, and give it the patient to eat, doing this nine mornings, you shall see a marvellous thing, this is also good to make a man fat.

Against spitting of Blood by reason of some Vein broken in the Breast.

Take Mise dung beaten into powder, as much as will lie upon a groat, and put it in half a glass full of the juice of Plantane with a little Sugar, and so give the patient to drink thereof in the morning before breakfast, and at night before he go to bed, continuing the same, it will make him whole and sound.

For

For to cleanse the Head.

Take Pellitory of Spain, and chew the roots three daies, a good quantity, and it will purge the head, and do away the Ach, and fasten the teeth in the gums.

A good Remedy against the Plurisie.

Open a white loafe in the midd'e new baked , and spread it well with Treacle on both the halffes on the crow'r side , and heat it at the fire, then lay one of the halffes on the place of the disease, and the other half on the other side of the body directly against it, and so bind them that they loose not,nor stir, leaving them so a day and a night, or until the Imposthume break, I have sometimes seen in two hours or less, then take away the bread, and immediately the Patient will begin to spit and void the putrefaction of the Imposthume , and after he hath slept a little,you shall give him meat and with the help of God he shall shortly heal.

For

For a Pin or web in the Eye.

Take two or three Lice out of ones head, and put them alive into the eye that is grieved, and so close it up, and most assuredly the Lice will suck out the Web in the eye, and will cure it, and come forth without any hurt.

A Remedy to be used in a fit of the Stone when the water stops.

Take the fresh shels of Snails, the newest will look of a reddish colour, and are best, take out the snails, and dry the shels with a moderate heat in an oven after the bread is drawn, likewise take Bees and dry them so, and beat them severally into pouder, then take twice so much of the Bees pouder as the snails, and mix them well together, keep it close covered in a glas, and when you use it, take as much of this pouder as will lie upon a sixpence, and put it into a quarter of a pint of the distilled water of Bean flowers, and drink it fasting,

76 A Choice Manual, or,
Ring, or upon an empty stomack,
and eat nor drinke nothing, for two
or three houres after.

This is good to cause the party to
make urin, and bring away the gra-
vell or stone that causeth the stop-
ping, and hath done very much
good.

A Sirrup for the pain in the Stomack.

Take two good handfuls of young
Rue, boil it in a quart of good whike
Wine Vinegar, till it be half con-
sumed, so soon as it is through cold,
strain it, and put to every pint of
the liquor a pound and a quarter of
Loaf Sugar, and boil it till it come
to a Sirrup, when you use it, take a
good spoonful of this in the morn-
ing tasting, and eat nor drink no-
thing for two or three hours after; it
Is good for pain in the stomack that
proceeds of windy vapours, and is
excellent good for the Lungs and
obstructions of the Breast.

Re-

Recets for bruises, approved by the
Lady of Arundell.

Take black Jet, beat it to pouder,
and let the patient drink it every
morning in beer till it be well.

Another for the same.

Take the sprigs of Oak trees; and
put them in a paper, roast them, and
break them, and drink as much of
the pouder as will lie upon six-
pence every morning, until the Pa-
tient be well.

To cause easie Labour.

Take ten or twelve dayes before
her looking six ounces of brown
Sugar-candy beaten to pouder, a
quarter of a pound of Raisins of the
Sun stoned, two ounces of Dates
unstoned sliced, half an ounce of
Annise-seeds bruised, a quarter of
an ounce of Cowslip flowers, one
drachm of Rosemary flowers, put
these in a fine lawn bag with a flint
stone, that it may sink into a pottle
of whiske Wine, let it steep four and

twenty

78 *A Choice Manual*, or,
twenty hours, and after take of it
in the morning, and at four in the
afternoon, and in the evening, the
quantity of a wine glass full.

A Cordiall for the Sea.

Take one ounce of Sirrup of
Clove Gilliflowers, one drachm of
Confectio Alchermes, one ounce and
a half of Borage water and the like
of Mint-water, one ounce of Mrs.
Mountfords water, and as much of
Cinnamon-water, temper all these
together in a Cordial, and take a
spoonful at a time when you are at
Sea.

A Plaister to strengthen the Back.

Take eight yolks of Eggs new
laid, one ounce of Frankincense
beaten into fine pouder, mingle
them well together, put in as much
Barly flower as will make it thick
for a Plaister, spread it on leather,
lay it to the small of the back, let-
ting it lie nine hours, use four
plaisters one after another, you
must

must slit the plaister in the midst, so as it may not lie on the back bone.

A present Remedy for a Woman with child that hath taken harm by fall, or fright, or any mischance.

To stay the Child, and strengthen it, take one ounce of Picketel jawes fine beaten and searced, of Dares Stones, and Bole armoniack, of each one ounce, of *Sanguis draconis*, half an ounce, give of these, being well searced and mingled together, a French Crown weight in Muskadine or Malmsey, and let the woman keep her very warm.

For a weak Back.

Take of red lead half a pound, of white Lead half a pound, boil these in three pints of Sallade oil in a pipkin, stirring them continually with a piece of Iron, until it be of a gray colour, then roul it up in rouls, & keep it for your use.

B

Oyl

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Oyl of Saint Johns Wort.

Take a quart of Sallade oil, put thereto a quart of the flouers of S. Johns Wort well picked, let them lie therein all the year, till the seeds be ripe, the glass must be kept warm, either in the Sun or in water all the Summer until the seeds be ripe, then put in a quarter of Saint Johns Wort seeds whole, and so let it stand twelve hours, then you must seed the oil eight hours, the glass being kept open, and the water in the pot full as high as the oil is of height in the glass, then when it is cold strain it, that the seeds may not remain in the oil, and then put up the oil for your use.

A green Salve for an old Sore.

Take a handful of Groundsel as much Housleek, of Marigol leaves a handful, pick and wipe the Hearbs clean, but wash them not then beat all these hearbs in a wooden boul as small as is possible, then strain out all the juyce, and put in

quant

Rare Secrets in Physick. Si

quantity of Hogs grease, as much as two Eggs, beat all these together again, then put in the juyce again, and put in ten Eggs, yolkes and whites, five spoonfuls of English Honey, and as much Wheat flower as will make all this as thick as a salve, and so stir it very well together, and put it close up in a pot that it take no air, and so keep it for your use.

A most excellent Powder for the Collyk and Stone.

You must take it morning and evening before you go to bed, *Sperma Cæti* one ounce and half, Cloves and Mace one quarter of an ounce, Annise-seeds, and *Perstone*, of each two ounces, Cinnamon, and small Pepper of each one quarter of an ounce, Date stones a quarter of an ounce, Liquorice, Fennel, and Sage, Bay berries, of each three quarters of an ounce, Acornes one quarter and half of an ounce, Lilly roots two drachms, the white of

Oyster shels burned in the fire one quarter of an ounce, beat all these into fine pouder, and drink as much thereof in Ale or Beer as will lie on a sixpence, and fast one hour or two after it : if the party be sore grieved take one handful of Parsly, and seeth it in Ale till half be sod away with twenty or thirty Prunes therein strained, & put thereto two spoonfulls of this pouder, and drink it mornings and evenings somewhat warm.

*A present remedy for the running
of the Reines.*

Take an ounce of Nutmegs, half an ounce of Mastick, then slicethe Nutmegs, and put them in steep in Rose Vinegar all one night, then lay them in a dish to dry before the fire, then take the Mastick and lay it in Papers, and beat it with a hammer very small, and put a little Coral well beaten unto it, and as much Ambergtiece, then mingle these things

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things together with Sugar, & make
it pleasant to eat, and so take a good
quantity morning and evening.

A Salve for a green Wound.

Take two handfuls of Water-Dictany, two handfuls of Rosemary shred very small, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Sallade oil, half a pint of white Wine, boil all these together while the white Wine be quite consumed, then it will be green and come to the height of a Salve.

A proved Medicine for a burning or scalding by lightening or otherwise.

Take Hogs grease, or sheeps treacles, and Alchoof, beat these very well together, then take more Hogs grease, and boyl it to a Salve.

To use it.

Anoint the place grieved with this Ointment, and then lay upon the sore so annointed Colewort leaves,

84 *A Choice Manual*, or,
which must be boiled very soft in
water, and the strings made smooth
with beating them with a Pestle.

*A Pouder for the green sickness
approved with very good success
upon many.*

Take of Cloves, Mace, Nutmegs,
of each one quarter of an ounce, beat
them severally, and then altogether
very well, fine Sugar very small beat-
en one quarter of a pound, and then
mix and beat them all four together,
Pearl the sixt part of half an ounce
finely beaten, mingle it with the rest,
and beat them altogether again, the
filing of Steel or Iron an ounce and
a quarter, sift it very fine, & mingle
it with the rest, but if so small a
quantity will not serve, add a quar-
ter more of the mettle, let it be sifted
before you weigh it, but if all this
will not serve the turn, put in a little
Rubarb, or a little Aloe succarina.

The

The manner of using this Powder.

In the morning when you rise take half a spoonful of it, at much at four a clock in the afternoon, & as much when you go to bed, walk or stir much after the first taking of it, I mean every morning and evening, fast one hour after the taking of it, or more, and then eat some Sugar sops or thin broth.

The Patients Diet.

She must forbear Oatmeal in broth or any other thing, Cheese, Eggs, Custards, or any stopping meat: take care that this be not given to any woman that hath conceiv'd or is with Child.

A drink to stanch bloud inwardly.

Take the juyce of one handful of Shepheards purse, of Parfly, and Five finger, of each as much, take five slips of Egrimony, strain all these juices into the milk of a red Cow, and drink thereof early and late warm.

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*A Pouder to keep the Teeth clean,
and from worm-eaten.*

Take Rosemary burned to ashs,
Cuttles bone, Harts horn burned
to pouder, Sall Gemmae twelve penny
weight the flowers of Pomegranates,
white Corral, of each a sixpenny
weight, make all these in pouder, and
with a little Rose water, and a Sage
leaf rub the Teeth.

*A Salve to heal all manner of Sores
and Cuts.*

Take one pint of Turpentine, one
pint of oil Olive, a quarter of a pint
of running Water, nine branches of
Rosemary, one ounce of unwrought
Wax, two ounces of Roset, seeth all
these together in a little pan over the
fire, let it seeth until there arise a
little white scum upon it, then stir it
with a stick suffering it to boil until
one quarter be consumed, then take
it from the fire, strain it through
a course cloth, but it must be done
quickly after it be taken from the fire
for cooling; after you have strained

it

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it into an earthen pot, let it cool, and
keep it for your use.

*To make Oil of Sage, good for the
grief in any joint, or for any ake.*

Take sage and Parsly seeth them
in the oill Olive, till it be thick and
green.

*A Medicine to purge and amend the
Heart, Stomack, Spleen, Liver,
Lungs, and Brain.*

Take Alexander, Water-cresses,
young Mallows, Borrage, and Fen-
nel roots pared, Mercury, Harts-
tongue, and Clare, and make of
these Pottage.

*To drive infectious diseases from
the heart.*

Take Mithridate, and Century,
of each two ounces, eight spoonfuls
of Dragon Water, one pint of white
Wine, seven spoonfuls of *Aqua vita*,
boil altogether a little. strain it,
then set it on the fire again a little
while, and drinck of it morning and
evening.

88 *A Choice Manual, or,*
For the Tooth-ach.

Take Pepper and Grains, of each one ounce, bruise them, and compound them with the water of the diseased, & make it for a good thickness, and lay it outward on the cheek against the place grieved, and it will help it for ever after.

Another.

Take dried Sage, make pouder of it, burnt Allum, Bay Salt dryed, make all in fine pouder, and lay it to the tooth where the pain is, and also rub the gums with it.

For the Strangulation or the Stone.

Take the inner rind of a young ash, between two or three yeares of growth, dry it to pouder, and drink of it as much at once, as will lie on a sixpence in Ale or white Wine, and it will bring present remedy: the party must be kept warm two hours after it.

For the Stone.

Take the stone that groweth within the gall of an Oxe, grate it, and drink

drink of it in white Wine, as much as will lie upon a sixpence at once, for want of white Wine make a posset of Ale, and clarifie the Ale from the curd, then boil one handful of Pellitory therein, and drink of the pouder with it.

For the black Jaundies.

Take earth-Worms, wash them in white Wine, then dry them, and beat them into pouder, and put to a little Saffron, and drink it in beer.

A drawing Salve for an old Sore.

Take Rosin half a pound beaten to pouder; Sheeps tallow a quarter of a pound, melt them together, and pour them into a Bason of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing it up and down the space of one hour till it be very white, then make it up in rouls, and reserve it, to strike thin plaisters upon old Sores.

A water to wash Sores withall.

Take Wormwood, Sage, Plantain leaves, of each one handful, Allum two ounces, Honey two saucers full, boil all these together in three pints of water till half be consumed, then strain it, and reserve that liquor to wash the sore withall.

A Medicine to cure the Garget in the Throat.

Take a pint of May Butter, and put it on the fire in a posnet, and put into it of the inner bark of Elder, one good handful, and some Dasieroots, seeth it to halfe the quantity, and strain it, and so keep it cool, take this ointment and annoiint your throat, then take the ointment, and strike a long plaister wi h it very thick of the ointment, then strike upon the ointment the best Jane triacle, and upon that strew grosse pepper very thick, strike it on with a knife, warm the plaister, and bind it round your throat to your ears, renew it once a day

day with the ointment, and the Tri-
acle, and pepper, and lay it on again,
before you use this ointment, scour
your mouth and throat with the
pouder of Roch Allum burnēd, mix
it with the pouder of Madder or
Pepper.

For the hearing.

Take an Onion, take the core out
of it, fill it with Pepper, slice it in the
midst, being first wrapt in paper
and roasted in the embers, lay it to
each ear.

For a dead child in a Womans Body.

Take the juice of Hyslop, temper
it in warm water, and give it the
Woman to drink.

*For a Woman that haib her Flowers
too much.*

Take a Hares foot, and burn it,
make powder of it, and let her drink
it with stale Ale.

A Medicine for the Gout.

Take Tetberry roots, and wash
and scrape them clean, and slice
them

them thin, then take the greale of a
Barrow hog, the quantity of either
alike, then take an earthen pot, then
lay a lane of grease in the bottome,
then a lane of roots, then the grease
again, and so roots and grease till
the pot be full, then stop the pot ve-
ry close, & set it in a dunghil one &
twenty daies, then beat it altogether
in a boul, then boil it a good while,
then strain it, and put in a penni-
worth of *Aquavita*, then annoint
the place grieved very warm against
the fire.

*A Diet drink for the running Gout,
Ach in the joints, and for all in-
fections.*

Set seven quarts of water on the
fire, and when it bolleth, put therelin
four ounces of *Sarsaparilla*, bruised,
and let it boil two hours very softly,
close stopped or covered, then put in
four ounces of *Sene*, three ounces of
Liquorice bruised, of *Stæcados*, *Her-
modætil*, *Epithymum*, and of *Cam-
momill flowers*, of every one half an
ounce,

ounce, and so boil all these two hours very softly, then strain it, and keep it in a close vessel close stopped, when it is cold, then boil again all the aforesaid ingredients in seven quarts of water four hours, with a soft fire close covered, then strain it and keep it as the other by it self, and take of the first a good draught one hour before you arise in the morning, and a draught at the beginning of dinner, and another at supper, and going to bed, and at all other times, drink of the latter when you list, and eat no meat but dry roasted Mutton, Capon, Rabber, without Salt, and not basted, but to your breakfast, a poached Egg, no bread, but Bisket, or dried crust, and at night Raisins of the Sun, and Bisket bread, drink no other drink but this.

A Plaister to heal any Sore.

Take of Sage, Hearb-grace, of each alike quantity, Ribwort, Plantain

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R
tain and Dasie roots, more than
half so much of each of them, with
Wax, fresh Grease, and Resin, make
it a Salve, if the flesh grow proud,
then put alwayes upon the Plaister,
before you lay it to the sore, burnt
Allum, and it will correct the flesh.

To cause a woman to have her sickness.

Take Egrimony, Motherwort,
Avens and Parsly, shred them small
with oatmeal, make Pottage of them
with Pork, let her eat the Pottage,
but not the Pork.

For the Stone.

Take the green weed of the Sea,
which is brought with Oysters, wash
it, and dry it to pouder, drink it with
Malmsey fasting.

To kill worms.

Take Aloe succitrina two ounces,
let it stand in a quart of Malmsey
eight hours, drink it morning and
evening.

For

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For a hot Rheum in the Head.

Take Rosewater, Vinegar, and Sallade oil, mix them well together, and lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike, beat it to pouder and drinck it.

For an Itch or any scar of the Body.

Take Elecampane roots or leaves, stamp them, and fry them with fresh Grease, strain it into a dish, and anoint the Patient.

For one that is bruised with a fall.

Take Horse dung, and Sheeps suet, boil them together and apply it to the same place, being laid upon a cloath.

For the Emerhoïdes.

Take Heps and Vinegar, fry them together, and put it into a little bag, and lay it as hot as it may be endured to the Fundament, divers bags one after another, and let one continue at it.

For

For

For one that is burned with Gun-powder or otherwise.

Take one handful of Groundsel, twelve heads of Housleek, one pint of Goose dung, as much Chickens dung, of the newest that may be gotten, stamp the Herbs as small as you can, then put the dung into a mortar, temper them together with a pottle of Bores grease, labour them together half an hour, and strain it through a Canvas bag with a cleft stick into an earthen pan, and use it when need requireth, it will last two year.

To heal a prick with a Nail or Thorn.

Taketwo handfuls of Celendine, as much Orpen, cut it small, and boll it with oil olive & unwrought Wax, then straln it and use it.

To stop the bleeding of a cut or wound.

Take Hop stamp it, and put it into the wound, if Hop will not do

sal, or, Rare Secrets in Physick. 97
with Gun. to it, then put to it Vinegar with
the Hop.

roundsel, *For a Scald.*

one pint Take the leaves of ground Ivle;
Chickens three handfuls, Housleek one hand-
ful; wash them, and stamp them in a
small as stone Morter very small, and as you
stamp them, put in a pint of cream
by little and little, then strain it, and
put it in a pot with a feather, take of
this and annoit the scalded place,
and then wet a linnen cloth in the
same ointment , and lay it on the
place , and over that roul other
clothes.

An Ointment for a Tetter.

Take *Sal armoniack* one ounce,
beat it into fine pouder, then mix it
with Sope, and fresh grease, of each
two ounces, make an ointment and
annoit the place.

For the singeing in the head.

Take one Onion, cut out the core,
and fill that place with the pouder
of Cummin, and the juice of Rue,
set on the top again, and roast the
Onion

Onion in embers, then put away the outside and put it in a cloth, wring out the juice, take black wool and dip it in, put this into thine ear where the singing is, and if it be on both sides, then serve one after another.

A Drink for one that is weak, and misdoubting a Consumption.

Take three handfuls of Rosemary, bruise it a little, and close it in paste, bake it in an Oven until it be well dried, then cut the paste, and take forth the Rosemary, Intuse it in two quarts of claret wine, with two ounces of good Triacle, one ounce of Nutmegs, of Cinnamon, and Ginger of each half an ounce bruised, let them stand infused two nights and one day, then distil it in a Limbeck, drink hereof one spoonful or two next your heart.

A Drink for the Plague.

Take red Sage, Hearb-grace, Elder leaves, red Brer leaves, of each one handful, stamp them and strain

ut away the tooth, wring
ool and dip
ear where
be on both
another.

strain them with a quart of white
wine, and then put to it *Aqua vitæ*
and Ginger, drink hereof every
morning one spoonful, nine morn-
ings together, & it will preserve you,

For a bruise or Stitch.

Take the kernels of Walnuts and
small Nuts, Figs, Rue, of each one
handful, white Salt the quantity of
one Walnut, one race of Ginger,
one spoonful of Honey, beat them
all together very fine, and eat of it
three or four times every day, make
a plaster of it, and lay it to the place
grieved.

A drink for one that hath a Rupture.

Take Comfrey one good hand-
ful, wild Dasie roots as much, and
the like of knotted grass, stamp all
these together, and strain it with
Malmsey, and give it to the Patient
to drink morning and evening nine
daies blood-warm; If it be a man
that hath been long so, he must lie
nine dayes upon his back, and stir
as little as he can: If he be a
child

child, he must be kept so much ly, till he be
ing as you may for nine dayes, if excelle
you think the drink too strong for at the
the child, give it him but five dayes
in Malmsey, and the rest in stale
Ale; have care that the party have a
good Trise, and keep him trussed
one whole year at the least.

A Plaister for a Rupture.

Take the juyce of Comfrey, wild
Daisie roots, and knotted grass, of
each alike quantity, fresh butter and
unwrought Wax, of each alike
quantity, claſſie them severally, then
take of the roots of Comfrey, dry &c,
and make pouder of it; take the pou-
der of Annise-seed, and Cummin
seed, but twice as much Cummin
seed, as Annise-seed, boil these pou-
ders in the Butter and unwrought
Wax on a soft fire a good while, then
put in your juyce, let it boil a walm
or two, so take it from the fire, stir it
altogether till it be cold, take hereof
and spread it, and lay it to his Cods
as hot as he can suffer it, and use this

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GRATIOSA CURA.

A Water for a Cut or a Sore.

Take Honeysuckles the knots nipt off, flowers of Celendine, flowers of red Sage, of each three spoonfuls, Five-finger, Comphery such as is to knit bones, Daisies with the roots thereon, Ladder of Heaven, blossomes of Rosemary, Setwel, Hearb-grace: Smallage, red Roses with the knots on, or else red Rose cakes, Adders-tongue of each of these one handful, seeth all together in six gallons of water that runneth towards the East, until two gallons be sod in, then strain them, and put to the water three quarts of English Honey, one pound of Roch Allum, one penniworth of Madder, one penniworth of long Pepper, seeth all together until one gallon be consumed, then cleanse the water.

Top

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For the Wind-Collick.

Take the flowers of Walnuts, and dry them to powder, and take of them in your ale or beer, or in your broth as you like best, and it will help you.

To make a sovereign Oil of a Fox
for the nummed Palsie.

Take a Fox new killed, cased, and bowelled, then put into the body, of Dill, Mugwort, Cammomil, Campites, Southernwood, red Sage, Origanum, Hop, Stacud, Rosemary, Costmary, Cowslip flowers, Balm, Bettony, sweet Majoram, of each a good handful, chop them small, and put thereto of the best oil of Castor, Dill, and Cammomil, of each four ounces, mix the herbs and oils together, and strow over them Aphrodisium a good handful, put them all into the Fox, and sew up his belly close, and with a quick fire roast him, and the Oil that droppeth out, is a most singular Oil for all Palsies or tummies. Approved.

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Rare Secrets in Physick. 103

To comfort the Brain, and procure sleep.

Take brown bread crumbs, the quantity of one Walnut; one Nutmeg beaten to pouder, one drachm of Cinnamon, put these into a Napkin, with two spoonfuls of Vinegar, four spoonfuls of Rose water, and one of womans Milk.

For the weakness in the Back.

Take the pitch of an Oxen back, put it into a potte of water, then seeth it to a quart, then take a handful of Comfrey, one handful of knotted grass, one handful of Shepherds purse, put these into a quart of water, boil them unto a pint, with six Dates boyled therein.

For a Canker in any part of the Body;

Take Filberd, Nut leaves, Lavender cotton, Southerwood, Wormwood, Sage Woodbine leaves, Sweet Bryar leaves, of each a like quantity.

F

of

104 *A Choice Manual*, or,
of Allum, and Honey a good quan-
tity, seeth all these till they be half
sodden, wafⁿ the sore wth it.

For an old bruise.

Take one spoonful of the juice
of Tansie, and as much Nip, two
penniworth of *Sperma Ceti*, put it
into a little Ale, and drink it,

*Oyl of Foxes, or Badgers, for Ach
in the joyns, the Sciatica, dis-
eases of the Sinews; and pains
of the Reins and Back.*

Take a live Fox or Badger, of a
middle age, of a full body, well fed,
and fat, kill him, bowel and skin him,
some take not out his bowels, but
only his excrements in his guts,
because his guts have much grease
about them, break his bones small
that you may have all the marrow,
this done, set him a boiling in salt
Brine, and Sea water, & salt water
of each a pint and a half, of oil three
pints, of Sak three ounces, in the
end of the decoction put thereto

the

the leaves of Sage, Rosemary, Dill, Organy, Majoram, and Juniper Berries, and when he is so sedden that his bones and flesh depart in sunder, strain all through a strainer, and keep it in a vessel to make Linaments for the ach in the joynts, the Sciatica, diseases of the Sinewes, and pains of the reins and back.

To make the Leaden Plaister.

Take two pound and four ounces of oil Olive of the best, of good red Lead one pound, white lead one pound well beaten to dust, twelve ounces of Spanish Sope, and incorporate all these well together in an earthen pot, well glazed before you put them to boil, and when they are well incorporated, that the Sope cometh upward, put it upon a small fire of coales, continuing the fire for the space of one hour and a half, still stirring it with an Iron Ball upon the end of a stick, then make the fire somewhat bigger, un-

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till the redness be turned into gray
colour, but you must not leave stir-
ring till the matter be turned into
the colour of oil, or somewhat dar-
ker, then drop of it upon a wooden
trencher, and if it cleave not to the
finger it is enough, then make it up
in vials, it will keep twenty years,
the older the better.

The vertue of the Plaister.

The same being laid upon the
stomack provoketh appetite, it ta-
keth away any grief in the stomach,
being laid on the belly is a present
remedy for the Cholick, and laid
unto the reins of the back, it is good
for the bloody flux, running of the
Reins, the heat of the Kidnies, and
weakness of the Back, the same
healeth all swellings, bruises, and
taketh away ach, it breaks Felons,
pushes, and other Imposthumes,
and healeth them, the same draweth
out any running humour, without
breaking the skin, and being applied
to the fundament, it healeth any
disease

disease there growing, being laid on
the head is good for the Uvula, it
helpeth the head-ach, and is good
for the eyes,

For a pricking of a Thorn.

Take fine Wheat flour bouldred,
temper it with Wine, and seeth it
thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Malmsey, and
burn it well; then take about six
spoonfuls thereof, and put to the
quantity of a Nutmeg of good
Triacle, and so much spice grains
beaten as you can take up with the
tops of your two fingers, mix it to-
gether, and let the party sick drink
it bloud warm, if he be infected it
will procure him to cast, which if he
do, give him as much more, and so
still again and ag'in, observing still
some quantity till the party leave
casting, and so after he will be well,
if he cast not at all, once taking it is
enough, and probably it is not the
sickness; after the party hath left

F ; casting

108 *A Choice Manual*, or,
cassing, it is good to take a compe-
tent draught of burnt Malmesie a-
lone with Triacle and Grains, it
will comfort much.

Another Medicine for the Plague.

Take of Seewel grated one root,
of Jane Triacle two spoonfuls, of
Wine Vinegar three spoonfuls, of
fair water three spoonfuls, make all
these more then Luke warm, and
drink them off at once well steeped
together, sweat after this six or seven
hours, and it will bring forth the
Plague sore.

To break the Plague Sore.

Lay a roasted Onion, also seeth a
white Lilly root in milk, till it be as
thick as a Poulteſſe: and lay it to the
ſame, if these fail, launce the
ſore, and ſo draw it and heal it with
ſalves for botches, or Biles.

*To make a Salve to dress any
Wound.*

Take Rosin and Wax of each
half a pound, of Deer Suet, and
Fraincense of each one quarter
of

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Rare Secrets in Physick. 109

of a pound, of Mastick in pouder one ounce, boll all these in a pint of white Wine half an hour with a soft fire, and stir it in the boiling that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almost cold, put thereto one quarter of a pound of Turpentine, after all these be mingled together, then put it into white Wine; and wash it as you wash Butter, and then as it cools make it up in rouls.

A most excellent water for sore Eyes.

Take a quart of Spring Water, set it upon the fire in an earthen Pipkin, then put into it three spoonfuls of white Salt, and one spoonful of white Coperas, then boil them a quarter of an hour, scum it as it doth boil, then strain it through a fine linnen cloath, and keep it for your use.

When you take it you must lie

110 A Choice Manual, or,
down upon the bed , and dropt two
drops of it into your eye, so reit one
quarter of an hour, not wiping your
eyes, and use it as often as need
shall require

If the eye have any Pearle or Film
growling upon it, then take a hand-
ful of red double Dasie leaves, and
stamp them and strain them through
a linnen cloth, and drop hereof one
drop into your eye , using it three
times.

A Plaster for one that is Bruised.

Take half a pint of Sallade Oil,
or Neats-foot Oil, half a pint of
English Honey, two or three penni-
worth of Turpentine, a good quan-
tity of Hogs greale, two or three
penniworth of *Bole Armoniack*,
half a pint of strong Wine vinegar,
half a dozen of Eggshells, and all
beaten very small , one handful of
white Salt, put all these together
into an earthen pot, and stir and
mingle them together exceeding
well, then as much Bean flower, or
Wheat

Rare Secrets in Physick 111

Wheat flower as will thicken it
plaisterwise, then with your hand
strike it on the grieved place once
a day, and by Gods help it will ease
any sore that cometh by means of
striking, wrinching, bruising, or o-
ther kind of Swelling that proceed-
eth of evil humors.

Balm water for a Surfeit.

Take two gallons of strong Ale,
and one quart of Sack, take four
pound of young Balm leaves, and
shred them, then take one pound of
Annise-seeds, and as much Liquo-
rice beaten to pouder, put them all
into the Ale and Sack to steep twelve
hours, put it into a Limbeck, and so
still it, it is good for a Surfeit of
choler, for to comfort the heart, and
for an Ague.

*A Restorative Water in sickness,
the Patient being weak.*

Take three pints of very good
new milk, & put thereto one pint of
very good red Wine, the yolks of 2. t
Eggs, and beat them together, that

F 5 done,

112 A Choice Manual, or,
one, put in as much fine Manchet
as shall suck up the Milk and Wine,
then put the same into a fair Stillatory,
and still it with a soaking fire,
and take a spoonful of this water in
your Pottage or drink, and this in
one or two moneths will prevent the
Consumption.

*To make a Caudle to prevent the
Lask.*

Take half a pound of unblanched
Almonds, stamp them, and strain
it into a quart of Ale, and set it on
the fire, then take the yolks of four
Eggs, and make it for a Caudle, and
so season it with a good quantity of
Cinnamon and Sugar, and eat it e-
very morning at breakfast.

*For one that cannot make water,
and to break the stone.*

Pare a Reddish root, and slice
it then, and put it into a pint of
white Wine, and let it infuse six or
seven hours, then strain it, and set
it on the fire; and put thereto one
Parsly root, and one spoonful of
Parsley

Parsly seed, and half a handfyl of
Pellitory of the wall, and seeth it
until half be wasted, and give it
luke-warm to drink.

A Diet against Melancholly.

Take Sene eight ounces, Rubarb
six drachms, Polypody of the Oak,
Sarsaparilla, and Madder roots, of
each four ounces, Anasse-seeds.
Fennel seeds, *Epithymum*, of each
one ounce, Mace, Cloves, and Nut-
meg, of each two ounces, Egrimo-
ny, Scabios, and red Dock roots of
each one handful; make them all
small, and put it into a long narrow
bag or boulter, hang it in a vessel of
Ale that containeth six gallons,
when it is a week old, drink it mor-
ning and evening for the space of
one fortnight, keep you all that time
warm, and a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair,
Egrimony, Scabios, of each one
handful, *Chamaepititis*, Hysop, of
each

114 *A Choice Manual, or,*
each a dozen Crops, Endive, and
Succory, of each three or four leaves,
of young Fennel and Parsly, of each
one root, one stick of Liquorice,
one spoonful of Barberries clean
washed, one spoonful of Annise-
seeds, twenty Kaisins of the Sun
stoned. boyl all these in a potte of
Water to a quart, then strain it, and
put thereto of the best Sugar one
quarre of a pound, Conserve of vi-
ollets one ounce, and so boyl it as
long as any Scum ariseth, then strain
it again, and use this very warm.

For one that cannot make water.

Take the seeds of Parsly, of red
Fennel, of Saxifrage, of Carr-a-
warts, of the kernel of Hip berries,
of each a like quantity, put in some
pouder of Jet, mingle these, being
beaten to pouder, well together, and
drink it in stale Ale luke warm.

To make Aqua Composita.

Take of Annise-seeds and Li-
quorice bruised, of eace half a
pound

pound, Thyme, and Fennel, of each half a handful, Calamint two handfuls, Coriander, and Caraway seeds bruised of each two ounces, Rosemary, and Sage of each half a handful, infuse these a whole night in three gallons of red Wine or strong Ale, then still it in a Limbeck with a soft fire.

An Ointment for a Swelling.

Take of Marsh Mallous, of Wormwood, of Smallage, of each one handful, boil it with one pound of the grease of a barrow Hog until it be very green, then strain it and keep it very close. *Lady Pawlet.*

A Plaister for the Back.

Take half a pint of Oile of Roses, four ounces of white Lead ground into fine pouder, put your Oyl into a clean Posnet, and set it on the fire, and when it is warm put in your white Lead, ever stirring it, then put into it of your Wax one quarter, stir it until it

be

116 *A Choice Manual*, or,
be black, then take it from the fire,
and in the cooling put thereto two
penniworth of Camphire, of white
Sanders, and yellow Sanders, of
each the weight of four pence, fine
Bole and *Terra sigillata*, of each two
penny weight, in fine pouder all, still
stirring it till it be almost cold, and
so make it up in rousls: use it as need
requires, for all weakness, wasting,
or heat in the Kidneys. *Cranib.*

To make Oil of Swallowes.

Take one handful of Mother-
Thyme, of Lavender-cotten, and
Strawberry leaves, of each alike,
four Swallowes, feathers and alto-
gether well bruised, three ounces
of Sallade oil, beat the Hearbs, and
the Swallows, feathers and alto-
gether, until they be so small that you
can see no feathers, then put in :he
oyle, and stir them well together,
and seeth them in a posnet, and
strain them through a canvas cloath,
and so keep it for you use.

For a Thorn, Fell or Prick.

Take the juice of Fetherfew, of
mallage, of each one saucer full,
ut to it as much of Wheat flower,
s will make it somewhat thick,
nd put to it of good black Sope
he quantity of a Walnut, mingle
hem together, and lay them to the
ore.

*A drink for one that bath a Rup-
ture.*

Take the Comfit, otherwise cal-
led Bonesel, a pretty handful, of
Woodbatten as much, Bread, Plan-
tain, and leaves of Cammock, some-
what more then a handful, of Ver-
rin as much as of the Cammock, of
Daisie roots a small quantity, of el-
der tops, or young buds, the least
quantity, stamp all these together
and put unto them, being stamped
one pint of pure white Wine, then
strain it and drink of it morning
and evening, one hour or more be-
fore breakfast or Supper, a good
draught blood-warm.

If

If it be a sucking Child, let the Nurse drink posset Ale of the aforesaid drink, and let the Child suck immediately, if he be an old body let him take it lying in his bed nine dayes, If it may be conveniently, or otherwise to use no straining.

For a Lask or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, seeth these half away, and give the Patient six spoonfuls to drink morning and evening, if you think it be too harsh put in a piece of Sugar.

A Lotion Water for the Canker.

Take one gallon of pure Water, four handfuls of Woodbine, of Marigolds, and Tetsul, of each two handfuls, of Celendine, Rue, Sage, and Egrimony, of each one handful, boil all these to a quart, then strain it, and put thereto two great spoonfuls of the best English Honey, and one ounce of Roch Allum

let the Allum, boil them all again as long
asfore-
s any scum aris th, then take it off,
l suck and put it in a close bottle, and use
body bloud warm when need requireth
In nine
ly, or

For the Mother.

Take three or four handfulls of
Fern that groweth upon a huse,
seeth it in Renish Wine till it be well
bdden, then pu: it in a linnen cloth,
and lay it to her Navel , as hot
as she may suffer it , four or five
lines.

A Water for all old Sores.

Take Honeysuckles , water Be-
ony, Rosemary, Sage, Violet leaves,
Eleet leaves, cut them all small to-
gether, and seeth them in a quart of
unning water, put thereto two
spoonfuls of Honey , and a lttle
Allum.

*For one that hath a great heat in his
Temples, or that cannot sleep:*

Take the juice of Housleek, and
of Lettice, of each one spoonful, of
womans

120 *A Choice Manual*, or,
womans Milk six spoonfuls, put
them together, and set them upon a
Chafing-dish of coals, and put
thereto a piece of Rose-cake, and lay
it to your Temples.

To queneb or slack your Thirst.

Take one quart of running wa-
ter out of the brook, seeth it, and
scum it, put thereto five or six
spoonfu's of Vinegar, a good quan-
tity of Sugar and Cinnamon, three
or four Cloves bruised, drlnk it
luke-warm.

*For one that bath a great heat in his
hands and stomach.*

Take four Eggs, roast them
hard, peel them, lay them in Vine-
gar three or four hours, then let
the sick man, hold on either hand
one of them, and after some space
change them and take the other, and
it will allay the heat.

*Against all aches especially of a
Womans breif.*

Take Milk and Rose-leaves, and
set them on the fire, and put thereto

Oat-

Rare Secrets in Physick. 121

Oatmeal, and Oyl of Roses, boil them till they be thick, and lay it hot under the sore, and renew it so that it be alwayes hot.

For the Ptifick and dry Couth.

Take the Lungs of a Fox, heat them to pouder, take of Liquorice and Sugar-candy a good quantity, a small quantity of Cummin, mix these all well together, and put them in a bladder, and eat of it as often as you think good in a day.

To take away Warts.

Take Snails that have shels, prick them, and with the juice that cometh from them, rub the Wart every day for the space of seven or eight daies and it will destroy them

A perfect water for the sight.

Take Sage, Fenel, Vervain, Bettony, Eyebright, Pimpernel, Cinquefoil, and Hearbgrace, lay all these in white Wine one night, stille it in a flillary of glass, this Water did restore the sight of one that was blind three years before.

To

122 • A Choice Manual, or,
To restore the hearing.

Take Rue, Rosemary, Sage, Verain, Majoram, of each one handful, of Cinnamonil two handfuls, stamp them, and mould them in Rye dough, make thereof one loaf, bake it as other bread, and when it is baked break it in the midit, and as hot as may be suffered bind it to your ears, and keep them warm and close one day or more, after it be taken away, forbear ye to take cold.

For a Fellon in the Joints.

Take Rue, Featherfew, Bores grease, Leaven, Salt, Honey, six leaves of Sage, shred them altogether small, then beat them together, and lay it to the sore place.

To comfort the Brains, and to procure sleep.

Take a red Rosecake, three spoonfuls of white Wine Vinegar, the white of one Egg, three spoonfuls

fuls of Womaans milk, set all these on a Chafing dish of coals , heat them , and lay the Rose cake upon the dish, and let them heat together, then take one Nurmeg, and strew it on the Cake , then put it betwixt two cloaths , and lay it to your forehead as warm as you may suffer it.

A Medicine for a sore head with a Scald.

Take one peck of Shoo-makers shreds, set them over the fire in a Brass pan, put water to them, and see h them so long as any Oil will arise, and evermore be scumming off the Oyle , then take Plantain , Ribwort, Housleek leaves, ground Ivy, knotted grass , wild Borage, Tu fan, Hearb Bennet, Smallage, Setwel leaves, of every one a like quantity, & beat them in a morter and strain them, then take half a penniworth of Rosin, half a penniworth of Allum , a little Virgins Wax, beat them and put them in

to

124 A Choice Manual, or

to a pan, and set it over the fire, put thereto the Hearbs and the Oyle let them seeth till all be melted, then strain them into a pan, and stirre them till they be cold, and put it into a box for your use, when you dressle your head, heat a little in a saucer, annooint it every day twice pull out the hairs that stand upright and with a linnen cloath wipe away the corruption.

A Salve for a green Wound, or
old Sore.

Take the leaves of green Tobacco two pounds, of Valerian two pound, beat them very small, then strain them, and take the juyce thereof, putt one pound of yellow Wax, one pound of Rosin, one pound of Deer Suet, boil them together till they be very green, and when it is cold, putt to it a quarter of a pound of Turpentine, and keep it for your use.

For the running of the Reins.

Approved.

Take the Rees of red Herrings, dry them upon the coals till they will beat to pouder, then give it to the patient to drinck in the morning fasting, as much as will lye upon a shilling in five spoonfuls of Ale or Wine, be he never so weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrows grease, two handfuls of Mugwort chopped very small, boil it with the Barrows grease upon a loft fire by the space of four hours, then strain it from the Mugwort, and put it up in an earthen thing for your use, and annoit your feet as you go to bed:

A Medicine for any heat, burning, & Scalding: Approved.

Take half a pint of the best Cream you can get, and set in a fair Posnet, upon the fire, then take two good handfuls of Dalsie roots, leaves

126 A Choice Manual, or, Ra
leaves and all, clean washed, and soft
very finely shred, put them into the B
same posnet, and boil it upon the E
fire, until it be a clear ointment, of a
then strain it through a cloath, and blac
keep it for you use. one

To make Aqua Composita to drink oun
for a Surfeit, or a cold stomach, and the
to avoid Flegm, and glut from sto-the
mack. plaint

Take one handful of Rosemary, can,
one good root of Elecampane, one A
handful of Hop, half a handful of R
Thyme half a handful of Sage, six R
good crops of red Mints, and as Ta
much of Pennyroyal, half a hand- ch a
ful of Harehound, six crops of Rose- Water
Majoram, two cunces of Liquorice well
well bruised, and so much of An- egar,
nise-seeds, then take three gallons of Water
strong Ale, and put all the aforesaid emper
things, Ale and Hearbs, into a bras Terra
pot, then set them upon the fire, and Wat
set your Limbeck upon it, and stop about
it close with paste, that there come Tak
no aire out, and so keep it with a soft

soft fire, as other *Aqua vitæ*.

For an Ach in the Foynts.

Take clarified Butter a quarter of a pound, of Cummin one pound, black Sope a quarter of a pound, one handful of kue, sheeps suet two ounces, Bay salt one spoonful, bray these together, then fry them with the gall of an Ox & spread it on a plaister, and lay it on as hot as you can, and let it lye seven dayes.

A Plaister to lay to the Head, for a Rbeum which runneth at the eyes.

Take the Pouder of Rose leaves Rose-water, and Betony water, of quorice a like quantity, and a little Vi- of An- legar, put your pouders into the llions of Water and Vinegar, stell them and foresaid temper them, and make them in a brass plaister, and putt o it a little pouder *Terra sigillata*.

Water to be used with the Plaister above said for the same purpose.

Take one quart of new Milks,

128 *A Choice Manual*, or,
two pound of green Fennel, a quar-
ter of a pound of Eye-bright, put the
herbs and milk into a Stillatory,
cast half an ounce of Camphire
thereon, and with this water wash
your eyes and temples.

For the Emcroids, approved.

Take a piece of tawny cloath, burn
it in a Frying pan to pouder, then
beat it in a morter as fine as may
be, scarce it, then lay it on a brown
paper, and with spittle make it plai-
newise, and lay it to the place, and
truss it up with cloathes.

To Break any sore.

Take hot bread to the quantity of
a farthing loaf, grate it, put thereto
Sallade oyl, three or four spoonfuls,
and a pint of Milk, and seeth them
together to a good thickness, spread
it in a cloath, and lay it to the sore.
In stead of Sallade Oyl you may use
Deer suet.

*A Bath for an Ach in the Back
and Limbs.*

Take Mugwort, Vervain, Fetherfew, Dill, Rosemary, Burnet, Tunhoof, Horehound, and white Mints, Senkel, and Sage of each one handful, seeth all these in four gallons of running-water, and let it seeth till one gallon be wasted, then bath your legs with it five nights together.

*A Medicine for any Joynt that
is numb with any Ach, approved.*

Take Virgin Wax one ounce, Verdigrise half a quarter of an ounce, Brimstone, Sope, oyl of Eggs, of Allum, of Honey, of each a like quantity, temper them altogether, and lay it upon the place grieved somewhat warm.

*A Medicine for a Fellon of any
Finger.*

Take as much Bay-salt as an Egg, wind it in gray paper, lay it in the embers a quarter of an hour, then

130 *A Choice Manual*, or,
beat it in a Morter very fine, then
take the yolk of a new laid Egg, beat
it with this pouder until it be very
stiffe; spread it upon a cloath, lay it
upon the joyns grieved twenty four
hours, and so dress it three times.

For a Boil or push.

Take the yolk of a new laid Egg
a little English Honey, put it into
the shell to the yolk, put in as much
Wheat meal as wil make it to spread,
then take one branch of Rue, and
one of Fetherfew, shred them very
fine, and put it to the same Medicine,
stir them very well together, spread
it upon a piece of leather, and lay it
to the place grieved.

*An Electuary to cause good digestion,
and to comfort the Stomack.*

Take Seewell, and Gallingal of
each three slices, Nutmegs, Ginger,
and Cinnamon, of each two
slices, three Bay berries sliced fine
and

and husked, three slices of Liquorice, half a spoonfull of Anniseedes clean dusted, one long Pepper cut small, white Pepper six graines, as much b'ack pepper, beat them all into a grosse powder, then putt thereto two grains of Musk, one grain of Ambergriese, then take Mint-water and Sugar, boyl them together, and when they are come to the right perfection of thicknesse, put in those pouders above mentioned in the boylng with a little Conserve of Rosemary flowers, of this take the quantity of a Nutmeg, half an hour before you eat or drink at meals.

A Pouder for the Rheum or sore Eyes.

Boyl one pint of Hop-water, made when the Hop is in the flour, till it be scalding hot, then putt into it half a pound of Liquorice in very fine pouder, the water being taken from the fire, for the Liquorice must not boyl in the Water, stir them toge-

132. *A Choice Manual*, or,
ther till the water be clean con-
sumed, then add to them of Annise-
seeds, and Fennel-seeds, of each half
a pound made into very fine pou-
der through a Searce, Angelica
roots, Elicampane roots, and leaves,
and flouers, of Eyebright made into
very fine pouder, of each one ounce
and a half, mingle these together and
so keep it close, and when you eat of
this powder, weigh out of the whole
quantity two ounces, whereunto
add as much good Aquavitæ as will
molten it, Angelica-water, or
Rosa solis, to keep it from being mu-
sty, set it near the fire, eat of these
pouders at any time as much as you
may take up with a groat, and it is
speciall good for the Rheum, for
cold, or for sore eye. Mr. Benlow.

A Salve for any wound.

Take Rosin, Perrozin, Wax, of
each eight ounces, of Sheeps Suet
and Frakincense, of each four
ounces

ounces, one ounce of Mastick made in pouder, boil all these in a pint of white Wine half an hour, then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almost cold put thereto four ounces of Turpentine, and make it up in rouls, but before it be rouled you must wash it up in running water, A. T.

How to deliver a Child in danger.

Take a Date stone, beat into pouder, let the Woman drink it with wine, then take Polipody and emplaister it to her feet, and the Child will come whether it be quick or dead, then take Centory, green & dry, give it the Woman to drink in wine, give her also the Milk of another Woman.

A most Singular Sirrup for the Lungs and to prevent a Consumption.

Take Egrimony, Scabios, Borage, Bugloss, of each twenty leaves, Fole-foot, Lungwort,

134 A Choice Manual, or,
Maiden-hair, of each half a handful,
Succory and Endive, of each six
leaves, of *Carduus benedictus*, Hore-
hound, Nip, of each four crops, un-
set Hop half a handful, Fennel
roots, Parsly roots, Smallage roots,
of each three roots sliced, and the
piths taken out, Elecampane four
roots sliced, Iris root halfe an ounce
sliced, Quince seeds one ounce, Li-
quorice three good sticks scraped
and sliced small, twenty Figs sliced,
Raisins of the Sun one good hand-
full sliced, and the stones take out,
boil all these in a gallon of running
water till halfe be consumed, then
take it from the fire, and let it settle,
then strain it, and boil it again wth
asmuch white Sugar as will make it
thick as sirrupe, that it may last all
the year.

A Powder for the Stone.

Take Haws and Hips, of each
a good handful, Ashen keyes half
a handful, three or four Acorns,

tac

the shels of three new laid Eggs,
Grumwell seeds, parsley seeds, of
each half an ounce, Perstone a good
handfull, Camock roots half a hand-
full, make all these in fine powder,
then put thereto two ounces of Su-
gar candy beaten something small,
take a sixpenny weight of this pou-
der at a time in the morning fasting,
and drink not after it one hour.

For the Cholick and Stone.

Take one handfull of *Philippen-
dula*, of Rosemary, of *Saxifrage*,
of Ivy growing on the wall, of
Hearts-tongue, of *Thyme*, of *Parsly*,
of *Scabios*, of each four handfulls,
of *Marigolds* one handfull, of *Ma-
joram* three handfulls, of brown Fen-
nel, of *Londebeefe*, of *Spernits*,
of *Borage*, of each two handfulls,
of *Maiden-hair* three handfulls;
stil all these in *May*, keep it in a
Glass till you have need of it, then
take of it five spoonfuls, and three
of white Wine, and of clean pou-

136 A Choice Manual, or,
der of Ginger half a spoonful, put
these together, and warm it luke-
warm, and let the Patient drink it
in the morning two hours before
he rise out of his bed, let him lay
more cloaths upon him, for it will
provoke him to sweat, after the sweat
is gone, let him rise and walk whi-
ther he will.

*A good water to drink with Wine,
or without to cool Choler.*

Take Borage roots, and Succory
roots, of each two, wash and scrape
them fair and clean, and take out
their cores, then take an earthen pot
of two gallons, fill it with fair spring
water, set it on a fire of Charcoal,
put the roots in it, and eight penny-
worth of Cinnamon ; when it be-
ginmeth to seeth, put into four
ounces of fine Sugar, and let it seeth
half an hour, then take it off, let it
cool, and drink thereof at your
pleasure.

How

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Wine,
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your
How

Rare Secrets in Physick. 137

How to make Aqua Composita for
the Cholick and Stone.

Take strong Ale one month old,
as many gallons as your pot will
hold, and for every gallon take two
ounces of Liquorice, and as much
Annise-seeds, and of these Hearbs
following two hand fulls of each to
every gallon, of Birch-leaves, Bur-
ner, Raspheire, Pelliitory of the wall,
Watercresses, Saxafrage, Grumwel,
Philipendula, Peny-royall, Fennel,
half a root of Elicampain, of Hawes
of Hips, of Berries, of Brambles,
and Barberries, of each half a pint,
distill them as you do other *Aqua-*
vitæ.

A Medicine for the Collick passion.

Take the smooth leaves of Holly,
dry them, and make them into pou-
der, of Grumwell seed and Box-
seed of each a little quantity, lea-
the Patient drink thereof.

How to take away the fervent shal-
king and burning of an Ague.

Take of the rind of the Wilding

tree

tree, with the leaves in Summer, of each a handfull, as much Betony, three crops of Rosemary, seeth them in a quart of posset-Ale to a pint, and let the sick drink of this as hot as he can, and so within three times it will ease him.

For the hardness or stiffness of Sinews.

Take twelve fledg'd Swallows out of the nest, kill them, beat them feathers and all in a Morter, with Thyme, Rosemary and Hop, then seeth them with May butter a good while, then strain them through a strainer as hard as you can, and it will be an Ciment, take the strings that grow out of the Strawberries, and beat them amongst the rest.

How to stay the Flux.

Take white Starch made of wheat two or three spoonfulls, and take also new Milk from the Cow, stir these together, and let them be warmed a little, and give it to the party grieved

Rare Secrets in Phyfick. 139
ved in manner of a glister, a present
remedy.

An approved medicine for the Plague
called the i hilo; others Egg, it is a
most excellenſe preservative againſt
all poſons, and dangerous Diseases
that draw toward the Heart.

Take a new laid Egg, and break
a hole ſo bread as you may take
out the white clean from the yolk,
then take one ounce of Saffron and
mingle it with the yolk, but be care-
ull you break not the ſhell, then cover
it with another piece of ſhell ſo
loſe as is poffible, then take an
arthen pot with a cloſe cover, with
arm embers, ſo that he ſhall be
not burned, and as thofe embers do
ool, ſo put in more hot; and do ſo
for the ſpace of two dayes unill you
think it to be dry, for proof wherof
you shall put in a pen, and if it come
out dry it is well, then take the Egg
and wipe it very clean, then pare
the ſhell from the Saffron, and ſet it
before

before the fire, and let it be warm
then beat it in a Morter very fine
and put it in by it self, then take as
much white Mustard seed as the
Egg and Saffron, and grind it as
small as meal, then searce it through
a fine Boulter, that you may have
the quantity of the Egg so searsed,
then take a quarter of an ounce of
Dittany roots, as much Tr-
mentil, of *Nuces Vomicae* one
drachm, let them be dried by the
fire as aforesaid, then stamp these
three last severally, very fine in a fine
Morter, then mix them three well if it
together, after that take, as anke
thing most needful, the root of old
Angelica and Pimpernel, of each with
the weight of sixpence, make them
to powder, and mix them with the warm
rest, then compound therewith five
or six scruples of Unicorns Horn, or thine
for want thereof Harts Horn, and water
take as much weight as all these
fine pouders come to, of fine Tria-
ngle, and stamp it with the powders put
in

In a Morter until it be well mixt
and hang to the pestle, and then it is
perfectly made, then put the Electuary
in a stone pot, well nealed, and
so it will continue twenty or thirty
years, and the longer the better.

How to use this Electuary.

First, when one is infected with
the pestilence, let him take so soon
one as he can, or ever the disease infect
the heart, one crown weight in gold
of this Electuary, and so much of
in aine Treacle, if it be for a man, but
well if it shall be for a woman or chlld
as aake less, and let them be well mix-
ed together, and if the disease come
each with cold, give him the Electu-
ary with half a pint of white Wine
th the warme, and well mixed together
if it come with heat then give
rn, or him with Plaintain Water, or well
, and water, and Vinegar mixed together
these and when he hath drunk the same,
Tri-
et him go to his naked bed, and
ydersput off his shirt, and cover him
warm

142 *A Choice Manual*, or,
warm, but let his bed be well warmable
ed first, and a hot double sheeted,
wrapped about him, and so le him to
sweat seven, eight, or ten hours, as soe w
he is able to endure, for the more p
he doth sweat the better, because the
disease fadeth away with the sweat, a
but if he cannot sweat, then heat und i
two or three Bricks or Tiles, and is in
wrap them in moist cloathes wettake
with water and salt, and lay them fain
by his sides in the bed, and theyneſſe
will cause him to sweat, and as heink w
sweateth, let it be wiped from his let
body with dry hot clothes being his
conveyed into the bed, and his sweatſſe, b
being ended, shift him into a warme
bed with a warm shirt, and all freshnes a
new clothes, using him very warily d eve
for taking of cold, and let his clothes ſee of
that he did sweat in be well alred Con
and washed, for they be infectious; eat a
and let the keepers of the ſick bewareable
of the breath or air of the partye the
in the time of his sweating, there-actua
ſore let her muffle her ſelf withall ke
double

warmable old cloth, wherein is Worm-sweetod, Rue, Fetherfew, crumbs of himbr bread and Vinegar, and a little rs, as Rose-water, beat all these together, mord put it into the muffler, made usethew every day while you do keep warm, and let the sick party have of it heatund in a cloath to smell on while , and is in iweare, then after do it away es wend take a new; and because he shall them faint and distempered after his theynnesse he shal eat no flesh, nor as heak wi e the space of nine days, m his let him use these conservatves being his health, as Conserve of Bu-sweatoffe, Borage, and red Roles, and warmecizilly he shall drink three or four l freshnes after he hath sweat, morning varilyd evening, three ounces of the lothesice of Sorrel mixed with an ounce alred Conserve of Sorrel, and so use lous; eat and drink whatsoever is com ewarable for the heart, also if one partye the quantity of a pea of the said herelectuary with some good Wine, it wthill keep him from the infection, ouble therefore

therefore when one is sick in the Pen-
house of the plague, then so soon as of
you can give all the whole household
some of this Receipt to drink, and have
his keeper also, and it shall preserve
them from the infection, yet keep
the whole from the sick as much as
you can, beware of the cloaths and
bed that the sick party did sweat in.

To make Balm water.

Take four gallons of strong Ale
and stale, half a pound of Liquo-
rice, two pound of Balm, two oun-
ces of Figs, half a pound of Annise-
seeds, one ounce of Nutmegs, shred
the Balm and Figs very small, and
let them stand steeped four & twen-
ty hours and then put it in a still
you use *Aquevitas*

To make Doctor Stevens water.

Take one gallon of good Gas-
coin Wine, of Ginger, Galingal, Nut-
megs, Grains, Annise-seeds, Fennel-
seeds, Carraway-seeds, Sage, oil of
Mints, red Roses, garden Thyme, then
Pellitory, Rosemary, wild Thyme, pint
Penny-

In the Penny royal, Cammomil, Lavender, & Camomile, as of each one handful, bray your Spices small, and chop the herbs before you have them named, and put them with the spices reserved into the Wine, and let it stand to keep twelve houres, stirring it very often, such as then still it in a Limbeck, closed up with a cork and with course paste, so that no air enter, keep the first water by it self, it is good so long as it will burn.

ing Ale

Liquo-

oun-

nise-

shred

unwashed,

and set it in an Oven af-

l, and let the bread be drawn out, and let

twen-t stand two or three hours, then

still aside the clearest of the butter, and

put into a Posnet, then take the

water.

tops of red Nettles, as much as will

Gas be moistened with the Butter, and

dingal, chop them very small, and put them

seeds into the Butter, set it on the fire, and

Sage, oil it softly five or six hours, and

Hyme, when it is so boiled put thereto half

Hyme, pint of pure oyl Olive, and then

Penny-

*An Oynstment for any strain in the
Joyns, or for any sore.*

Take three pound of fresh Butter, shred, and set it in an Oven af-l, and let the bread be drawn out, and let twen-t stand two or three hours, then still aside the clearest of the butter, and put into a Posnet, then take the water. tops of red Nettles, as much as will Gas be moistened with the Butter, and dingal, chop them very small, and put them seeds into the Butter, set it on the fire, and Sage, oil it softly five or six hours, and Hyme, when it is so boiled put thereto half Hyme, pint of pure oyl Olive, and then boil

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boil it a very little, and take it off,
and strain it into an earthen pot,
and keep it for your use.

If you think good, in stead of
Nettels onely, you may take these
herbs, Cammomil, Rosemary, La-
vender, Tun-hoof; otherwise Ale-
hoof, Five-finger, Vervain, and
Nettle-tops

For an Ague.

Take the inner bark of a Walnut
tree, a good quantity, boil it in Beer
untill the Beer look black, and then
take a good draught and put it into
a pot, then take six spoonfuls o Sal-
lade Oil, for an ex'ream Ague brew
it to and fro in two pots, then drink
it, and let the party labour at any
exerci eun till he sweat, then let him
lie down upon a bed very warm
untill he hath done swearing; this
do three times when the Ague com-
eth upon him.

*A powder against the wind, in the
Stomack.*

Take Ginger, Cinnamon, and
Gal-

Gallingall, of each two ounces, Anise-seeds, Carraway, and Fennel-seeds, of each one ounce, long Pepper, Grains, Mace, and Nutmegs, of each half an ounce, Setwell half a drachm, make all in pouder, and put thereto one pound of white Sugar, and use this after your meat, or before at your pleasure, at all times it comforteth the stomach marvellously, carrieth away wind, and causeth good digestion.

For a Pin or Web in the Eye.

Take the white of an Egg, beat it boyle, put thereto a quarter of a spoonful of English Honey, half a spoonful of Daisie leaves, and in inter the roots, half a handful of i[n]ner rind of a young H[az]le, not above one years growth, beat them together in a morter, and put thereone a spoonful of womans Milk, and let it stand infuted two or three hours, and strain all through a cloth, and with a feather drop it into the eye thrice a day.

For

148 A Choice Manual, or,
For blood shotten and sore Eyes,
coming of heat.

Take *Tutty* of *Alexandria*, or *Lapis Tutty* one ounce, beat it unto fine pouder, and temper it with a quart of white wine, put thereto one ounce of dried Rose leaves, and boill them altogether with a soft fire until one half be consumed, then strain it through a fine linnen cloath and keep it in a Glass and use it evening and morning, and put it into the sore eyes with a feather, or your finger.

If the *Tutty* be prepared it is the better, which is thus done, steep the *Tutty* in Rose water, and let it lye half an hour, then take it forth, and lay it on a white paper to dry, then take it when it is dry, keep it, and dry it again, as before, twice or thrice, and then use it as before.

For an Ach in the Bones.

Take Southernwood, Wormwood, and Bay-leaves, of each one handful, one Oxe-gall, one pint of Nears

Neats foot oyl, put all these together, and let them stand two or three dayes, and let them boyl upon a very soft fire, then put in of Deers suet a good quantity, strain them and put hem in a pot, and so annoint the Patient, put to this, a good quantity of Tar, and as much Pitch as the signess of a Walnut, and of the juyce of Pimpernel a good quantity.

For Children that are troubled with
an extream Cough.

Take Hysop-water, and Fennel-water, of each half a pint, of sliced Alquorice, and Sugar, of each a pretty quantity, seeth them easilly over a good fire, strain it, and let hem take a little hereof at once, and often you may dissolve pellettes kreln, and you may annoint their test with oyl of Almonds, and a nle wax.

A Medicine for sore eyes.

Take red Fennel and Celendine, each one handful, stamp and strain

Vorm.
such one
pint of
Neats

strain them, that done, take fiveteen spoonfuls of Honey, and whiteworth Copperas the quantity of one Pea.

Rose water five spoonfuls, boil all these together in an earthen pot, C skim it well, and clarifie it with the white of an Egg; this is an excellenth Medicine to clear the sight of the eye, If there be any thing in the eyds, superfluous to hinder the sight but heat, there be nothing but heat, it is no good. confus-

To help one that is inwardly bruised two

Take of Borage and red Sages three of each a handful, stamp these together, and strain them, and pulade thereto as much Claret Wine asgs, the juyce thereof, and let the patient drink it warm, and if it keep within him four and twenty hours after he will recover; if he be bounde in the body, let him take therbs as spoonfuls of Sirrup of Damas to the Roses, and two spoonfuls of Salladined, oil, and drink it fasting, and an houer Cap- afte

or rare Secrets in Physick. 151
fiveteen let the party take some warm
whistwoth.

Pea. *For the Spleen.*

Take of Lavender, Fennel, Par-
pose, Cammomile, Thyme, Worm-
wood, Angelica, of each one hand-
full, of Sage, and Rue, one hand-
full, of Annise seeds and Fennel
seeds, of each one handful, of Cum-
butine seeds two handfuls, of Cloves
six or seven spoonfuls, and of Mace two
spoonfuls, gather these herbs in the
heat of the day, and dry them in the
sun two days, laying them very thin
upon a sheet, and brusle the seed grosse-
ly, and steep them in as much
and pulade oyl as will cover all these
herbes, and somewhat more, and
leave them in the Sun ten dayes, which
being done, strain your oyl from your
herbes and your Spices, and then
bovise it once again as before with
the herbes and Spices in like manner,
adding to that oyl thus infused or
Salladined, add bitter Almonds, and
an house of Capers half a pint, then take
a

H

152 *A Choice Manual*, or,
a quarter of a spoonfull of the said
cyle, and put it in your hands, your
hands being warm, rub them toge-
ther, and annoint and rub the pati-
ent grieved with both your hands,
the one on the right side, the other
on the left, from the loines down to
the bottom of the belly, drawing
your hands as hard as you can, and
make them to meet at the bottom of
the belly, and continue in continu-
all rubbing about a quarter of an
hour.

For a Burning or Scald.

Take a quantity of sheeps Suet,
the white of Hen-dung, and fresh
grease, boil all these together, strain it
and anoint the party with a feather.

For the Emetoids and Piles.

Take juice of Elder, May butter
and Deers suet, melt them, letting
the juice and the butter simper,
and then put the suet to them, make
them into pills, and if you make
a suppositor, you must put in more
Deers suet,

F

Rare Secrets in Physick. 15.

For the Canker in the mouth or nose.

Take the ashes of green leaves of Holly, with half so much of the burnt powder of Allum, blow with a quill into the place grieved, and it will help Man, Child, or Beast.

A Remedy for the Mother.

When the fit beginneth to take them, take the powder of white Amber, and burn it in a Chafingdish of coales, and let them hold their mouthes over it, and suck in the smoak, and annoient their nostrills with the oyl of Amber and if they be not with child, take two or three drops of the oyl of Amber in white Wine warm or cold, but the oyl of Amber must be taken inward but once a day, and outward as often as the Fit taketh them.

A Medicise for the Worms.

Take one penniworth of Aloes, with the like quantity of Oxo-gall and Mithridate, mix them together, and lay them to the childs navel upon a plaister.

154 A Choice Manual, or,
A Preservative against the Plague.

Take one dry Walnut, take off
the shell and peel, cut it small, and
with a branch of Rue shred fine, and
a little wine Vinegar and Salt, put
all into a sliced Fig, take it up fast-
ing, and then you may drink a little
Wormwood after it, and go where
you list.

A Pill for those that are infected.

Take of Aloes Succatrina half an
ounce, of Myrrh, and English Saff-
ron, of each a quarter of an ounce,
beat them into small pouder, with
Malmsey, or a little Sack, or Dioc-
coridon, make two or three small
pills thereof, and take them fasting.

A Poultice to break a Plague Sore.

Take a White Lilly root, and
sceth it In a penniworth of Lin-
seed, and a pretty quantity of Bar-
rows grease, beat the Linseed first
very soft, afterwards beat all toge-
ther

Rare Secrets in Physick. 155
ther in a morter, make thereof a
plaster.

An Electuary for the Plague.

Take the weight of ten grains of
Saffron, two ounces of the kerne's
of Walnuts, two or three ligs, one
drachm of Mithridate, and a few
Sage leaves stamped together, with
a sufficient quantity of Pimpernell
water, make up all these together in
a mass or lump, and keep it in a
glasse or pot for your use, take the
quantity of twelve grains fasting in
the morning, and it will not onely
preserve from the pestilence, but ex-
pel from those that are infected.

Against a Tertian Ague.

Take Dandilion clean washed,
stamp it and put it in Beer, and let
it stand all night in the Beer, In the
morning strain it, and put half a
spoonfull of Triacle into it, make
it luke-warm, and let the patient
drink of it fasting upon his well
day, and walk upon it as long as

156 *A Choice Manual*, or,
he is able, this hath been approved
good for an Ague that cometh every
second day.

Against the wind.

Take Cumin-seeds, and steep
them in Sack four and twenty hours,
dry them by the fire, and hull them,
then take Fennel-seed, Carraway
seed, and Annise seed, beat all these
together, and take every morning
half a spoonfull in broth or beer fa-
sting.

Another.

Take Enula Campana, grate it,
and drink half a spoonfull fasting:

For the Sting of an Adder.

Take a head of Garlick, and bruise
it with some Rue, and some Honey
thereto, and if you will some Tre-
acle, and apply it to the place,

For the biting of a Dog.

Take Ragwort, chop it, and boil
it with unwash'd butter to an Oint-
ment.

A

A medicine for a Woman that hath a dead Child, or for the after birth after deliverance.

Take Date stones, dry them and beat them to powder, then take Cummin-seed, Grains and English Saffron, make them in powder, and put them altogether in like quantity, saving halfe of the Saffron then of the rest, then searce them very finely, and when need is to drink it, take a spoonfull at once with a little Malmesie, and drink it Milk-warm, It is good to bring forth a dead child, or for the after-birth, or if the Woman have any rising in her stomak, or flushing in her face during her child-birth: the Date stones with round holes in the sides are the best; If you put a quantity of white Amber beaten amongst the powder it will be better.

To make the best Paracelsus Salve.

Take the Litharge of Gold and Silver, of each three ounces, and put to it one pound and half of gold

Sallade oyl, and as much of Lin-seed oyl, put it into a large earthen vessell well leaded of the fashion of a milk-boul, or a great bason, set it over a gentle fire, and keep it stirring till it begin to boll, then put to it of red lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continuall stirring, and let it boyl two hours, or so long till it be something thick, which you may know by dropping a little of it upon a cold board or stone, then take a Skillet, and put into it a pound of yellow wax, as much black Rosin, half a pound of Gum Sandrach, of yellow Amber, Olibanum, Myrrh, of *Aloes hepatica*, of both the kinds of *Aristolochias* round and long, of every of these in fine pouder scarce one ounce, of *Mammir* one ounce and a haif, of oyl of Bayes, halft a pound, of oyl of Juniper six ounces, dissolve all these together in the aforesaid Skillet, and then put them to the former platter,

ster, set it over a gentle fire : and keep it with stirring till it boyl a little. Then take your five Gums, **Pepanax**, **Galbanum**, **Sapagenum**, **Ammoniacum**, and **Bdelium**, of each of these three ounces, which must be dissolved in white wine Vinegar, and strained, and the Vinegar exasperated from them, before you go about the plaister let there be three ounces of each of them when they are thus prepared, then when the plaister hath gently boyled, about half the bigness of a Nutmeg at a time, continuing that order untill all the Gums be in and dissolved, then set it over the fire again, and let it boyl a very little, but before it boyl be sure that the Gums be all dissolved, for else it will run into lumps and knots, after it hath boyled a little take it from the fire again, and continue the stirring of it very carefully, and put to it these things following, being in a readiness, take

160 A Choice Manual, or,
of both the Corals red and white,
of Mother of Pearl, of Dragons
bloud, of Terra lemnia, of white
Vitriol, of each of them one ounce,
of Lapis hematites, and of the Load-
stone, of each of them one ounce
and a half, of the flour of Anti-
mony to drachms, of Crecus Mar-
sis two drachms, of Camphire one
ounce, of common Turpentine
half a pound, mix all these together,
but first let those things that are to
be pounded be carefully done, and
fully searched, then put them alto-
gether, among the former things, and
again set it over the fire with a mo-
derate heat, and gentle to boil, till it
be in the form of a plaister, which
you may know by dropping it on a
cold picce of wood, or stone, or iron,
you must also remember to keep
it with continual stirring from the
beginning to the ending, when you
make it up, let your hands, and the
place you rowl it on, be anointed
with the oyl of Saint Johns Wort,

and

and of each Worms and Juniper,
Cammomile and Roses together,
wrap it in Parchment, or Leather,
and keep it for your use.

Memorandum, That the Camphire be dissolved in the oyl of Juniper, mix them together with the Gum Sandrach, and put them in towards the later end.

*An Oyntment for a strain in the Joints
or for any Sore.*

Take three pound of fresh Butter unwashed, and set it into an Oven after the bread be drawn out, and let it stand two or three hours, then take the clearest of the Butter and put into a posnet, then take the tops of red Nettels, and chop them very small, and put so many Nettles to the Butter, as will be moistened with the Butter, and so set it on the fire, and boil it softly five or six hours, and when it is so boyled, put thereto half a pint of the best oyle Olive, and then make it

Let boyl a very little and take it off,
and strain it into an earthen pot, and
keep it for your use.

Mr. Ashleys Ointment.

Take six pound of *May* butter unsalted, one quart of *Sallade* oyl, four pound of *Barrows* grease, one pound of the best Rosin, one pound of Turpentine, half a pound of Frankincense: To this rate take these hearbs following, of each a handfull, viz. *Smaillage*, *Balm*, *Lorage*, red *Sage*, *Lavender*, *Lavender-cotten*, *Hearb-grace*, *Parsley*, *Comfry* called *Boneset*, *Sorrel*, *Laurel* leaves, *Beech-leaves*, *Lungwort*, *Majoram*, *Rosemary*, *Mallows*, *Cammomile*, *Saint Johns wort*, *Plantaine*, *Allheal*, *Chickweed*, *English Tobacco*, or else *Henbane*, *Grumsel*, *Woundwort*, *Bettony*, *Agrimony*, *Carduus Benedictus*, wild *Wine*, or white wine, called *Brian*, *Adders-tongue*, *Mellilot*, plck all these hearbs clean, wash them, strain them

them clean from the water, all these must be gathered after the Sun rise, then stamp all these hearbs in a stone or wooden mortar so small as possible may be, then take your Rosin and beat it to pouder with your Frankincense, and melt them firſt alone, then put in your Butter, your Hogs grease and Oyl, and when all is melted, put in your Hearbs, and let them all boyl together half a quarter of an hour, then take it from the fire, and leave stirring of it in no wise a quarter of an hour after, and in that time that it is from the fire, put in your Turpentine, and two ounces of Verdigrease, very finely beaten to pouder, and when you put in your Turpentine and Verdigrease, stir it well, or else it will run over, and so stir until it leave boyling: Then put it in a earthen pot, ſtopping the pot very close with a cloath and a board on the top, and ſet it in a dunghill of horse muck twenty one

164 *A Choice Manual*, or,
one dayes, then take it up and put it
into a kettle, and let it boile a little,
take heed that it boyle not over,
then strain all through a course
cloth into an earthen or gally pot,
and when all is strained, put to it half
a pound of oyl of Spike, and cover
the pot close untill you use it, and
when you use it, make it warm in
Winter and use it cold in Summer.

*An approved Medicine for any Ach in
the Joyns whatsoever.*

Take half a pound of Rosin, half
a pound of Frankincense, Oliba-
num, and Mastick, of each one
ounce, Wax, Deers Suet, Turpen-
tine, of each two ounces; Camphire,
two drachms, beat the Olibanum,
Mastick, Rosin, and Frankincense,
and Camphire into pouder, then put
it in a brasse pan with a poitle of
white Wine, and put in the Wax,
and Deer Suet into it, and when it
doth boil put in your Turpentine,
and let it boil a quarter of an
hour,

hour, then take it from the fire and let it stand and cool untill the next day, then work it with your hand to work out the wine, annoiting your hands first with oyl, then make it up in roulz, then as need shall serve, take thereof and spread it with a warm knife, upon a fleshy side of a Sheeps skin, and apply it warm to the grieved place, and take it not off untill it fall off of it self, pricking the plaister full of holes.

A Scarcloath to be used against Carbuncles, red Sores, Biles, swellings, or any hot causes.

Take a wine pinn: of pure Sallade oyl, and put into an earthen pot that is very large, and set it upon a very soft fire, of Charcoal, and when it beginneth to boile, stir it with a Hasel stick of one years shooting, then put into it two ounces of Venice Sope that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boyle very softly, stirring it continually

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tinually with a Hazel stick for the
space of two or three hours, you
shal know when it is boiled by this,
drop one drop thereof on a board,
and it will be stiff when it is enough,
then take it from the fire, and put
into it half an ounce of cyl of Bays,
then let it boyl again a little, then
let your cloathes be cut of a reason-
able size to dip them in it, then you
must have two sticks which must be
hollow in the middle to strip the
cloathes through, then lay them a-
broad untill they be cold upon a
board, then roul them up and keep
them, and when you use them, lay
them upon the place grieved, and
let hem lie twelve hours, then take
it off, and wipe it, and lay the other
side, and let that lie as long.

*Plague water to be taken three times,
for the first helpeth not.*

Take a gallon of white Wine,
Ale or Beer, and to that quantity
take a quarter of a pound of each of
these

these Hearbs following, Rose-water, a quarter of a pint, Rue, Sage, Ver-
vain, Egrimony, Bettony, Celendine, Carduus, Angelica, Pimpernel,
Scabios, Valerian, Wormwood, Dragons, Mugwort, all these
Hearbs must you shred in gresse
together, and steep it in the afore-
laid liquor, the night before you
distill it in a Rosewater Still, and
then keep the first water by it self,
being the weaker, and therefore fit-
ter for Children; it helpeth all Fe-
vers, Agues and Plagues, being thus
taken, seven spoonfuls, or thereabout,
of the strongest blood warm, and
give it to the party to drink in an Ag-
ue or Fever, an hour before the
Fit come, and so to sweat, either by
exercise, or in your bed, but your
stomack must be empty, and if it be
taken for the plague, then put it into
a little Diascordium or Mithridate.

A defensive Plaster.

Take the white of an Egg,
and

168 A Choice Manual, or,
and Bole Armoniack, spread it on
it.

A Sirrup for a Cold.

Take Cok-s-foot Water, Isop-water and Honey, put Liquorice, Annise-seeds and Elecampane, put thereto the juyce of Fennell, and boil them:

To stay the bleeding of a wound.

Take Charcoal red hot out of the fire and beat it to pouder.

A Poultisse.

Take Milk, Oatmeal, and red Rose leayes, and a lttle Deers Suet.

For the running of the Reins.

Take Cups of Acorns and grate them, and grate some Nutmeg, put this in Beer and drlnk.

For a Poultiss.

Take Linseed and beat it to pouder, boil it in Milk with Mallowes, and Sheeps Suet.

For a Blast.

Take a good quantity of Vervie, and boil it in Milk, and wash the blast

Blast therewith very well, then bind the hearbs very close to it some few hours, after wash it again the milk being warmed, and so bind it up again, the oftener it is done the better, and In a day or two it will be well, if it be taken before it fester.

Another.

Take a good quantity of Vericon being green, with as much Dill, chop them together, and boil them in Bores grease as much as will cover them, and for want thereof so much *May* butter, and when they be boyled together, let them stand two or three dayes, and then boil it a little, and so strain it through a cloth.

A Balsamum.

Take it in the later end of September good store of Honeysuckle berries and put them in a body of a glasse Still stopped, and set it in hot horse dung eight dayes, distill it in Balsneo, then when you have drawn the

170 *A Choice Manual*, or,
the water forth, pour the water
into the stufse again, stop it close,
and put it into the dung four and
twenty hours, then set it in ashes, and
distil both water and oyl with a great
fire, as much as will come forth, and
at laſt ſeparate the water from the oyl
In Balnco.

To make an excellent Oyl of Hypericon.

Take floures, leaves and ſeed
of Hypericon, as much as you liſt,
beat them together and infuſe them
in white Wine, that they may be
covered therewith, and ſet them
in the Sun for ten dayes, then put
thereto ſo much Oyle Olive as all
the reſt doth weigh, and let it ſtand
ten dayes more in the Sun, but look
that you weigh the Oyl to know
how much it is, then put thereto for
every pound of Oyl two ounces of
Turpentine, and one drachm of
Saffron, and of Nutmegs and
Cloves of each half an ounce, of
Myrrh,

Myrrh, and Rosin, of each an ounce, and of the root of Briony two ounces, put them all in the vessel of glasse, and mix them well together, and set them in a vessel of hot water, and then set thereto a head of glasse and Receiver well shut, and boyl it so long untill no more will distill from it, which will be about twenty four hours, then take it out and strain it whilſt it is hot, and keep it in a vessel of glasse, & when you firſt uſe it, heat it well, and apply it upon a wound without uſing any tent at all, this is excellent for a green wound, eſpecially if there be veiins, ſinewes or bones offendēd or cut, it keepeth wounds from putrefaction, it cleaſeth them, and eaſeth pain, and doth incarnate and ſkin them, it helpeth bruifes, pains, aches, or ſwelling in any part, and is wonderfull good againſt ve-
nōme or poyſon.

172 A Choice Manual, or,
For the Falling sicknesses.

Take the roots of single Pionies, grate them, drink them, and wear some of them about your neck.

For the kibed heels.

Take a Turnip make a hole in the top of it, take out some of the pith, infuse into that hole oyle of Roses, then stop close the hole, roast the Turnip under the embers, when it is soft, apply it plastrwise warm to the Kibe, bind it fast.

Lapis Prunellæ.

A Medicine for sore Eyes.

Take one pound of Saltpester boil it in a Goldsmiths earthen pot with a very hot fire round about it let it boil till it be very black and melted, then take a quarter of an ounce, or sixpenny weight of Rock Allum, and a quarter of an ounce of Brimstone, break them and put them in the Saltpester by little at once as it boileth, and let it burn till the flame go out of it self, then strain it.

pour it into a brasse Ladle, or into a Chafer, and so let it stand till it be cold, and when you will use it, scrape it very fine with a knife, and put a little of it to the sore eyes, hold down the eye-lid till the pain be gone, then let the water drop out of the eye: This Medicine taketh away the Pearl, Pin and Web in the eye, and all sores and bloud-shed, it also helpeth the tooth-ach, being put into the hollow tooth with a little linc, if the tooth be not hollow rub it outward: Finally it helpeth a stinking breath, being eaten in the morning fasting.

For a scald Head.

Take a handful of Grovers shreds, and a handfull of Dock-roots the pith taken out, and boile them in strong Ale untill they be reasonable thick, and annoiint the head therewith.

For a bloody Flux.

Take Rubarb and roast it, then grind it to pouder, and take as much pou

174 *A Choice Manual*, or

as will lye upon a sixpence, and kee
warm that day, the next day ei
conserve of Roses, mixed with Co
ral, and drink that day if you wil
posset Ale made of Cammomile.

For the Itch.

Take a pound of Butter unwash
ed and unsalted, three good hand
fulls of red Sage, and as much Brim
stone beaten into pouder, as a Wal
nut, boyl these well together, an
strain it, and put in half an ounced
Ginger beaten small.

For sore Eyes.

Take new Hens dung out of the
nest, and put it into an Oven almost
cold, let it lie there all night, and
take the white of it, and beat it being
dryed, and take as much of the pou
der of Ginger finely beaten, and pu
to that half the like quantity of Su
gar candy, all which must be beaten
very well and searced, then put it in
to the sore eyes every night, and in
the morning, and wash it out with
water.

A water for fire Eyes.

Take a pint of fair running water, of wild Daisies, & three leaved grass, of each a good handfull, wash the hearbs very clean in a Cullender, and put them into a clean skillet of water let them boil very well over the fire, untill the water look green, then take a little piece of Allum and put into the water, and when it is boiling then taste of the water, and when it sticks to the mouth, take as much honey as will make it very sweet, then after it hath boiled a little while, take it off the fire, strain it, and drop even almost a little every night into the eyes.

An approved Application against any Surfeit.

Take the bottom of a Muncorn be bearded, cut it about an inch thick, and put it in broad as the palm of your hand, toast it very well, then take it out with Sallade oyl and Claret wine of such a like quantity, as much as I will

will wet the toast well and through
warn it hot, then put the toast in
it, when the toast is well soak'd
strew the pouder of Cloves, & Ma-
therupon thick, then apply it to
stomack of the patient as warm
he can endure it, It will purge u-
wards and downwards so often
you apply a fresh tost made as afo-
said, that may be applied so often
any one findeth their stomach ill
ease, although then it will not purg
except in case of a surfeit.

A medicine against the Plague.

Take of the root called Setw
the quantity of half a walnut, a-
grate it, of Triacle green one go-
spoonfull, of fair water three spoons-
fulls, make all these more then luk-
warm, and so drink them off
bed, and sweat six or seven hours
and in your sweat drink small po-
set Ale made of small drink as you
need, but not till an hour and a
half after the taking of the portion,

it will bring forth the plague, for if you cast the medicine, you may take it the second, third, or fourth time, by the whole, half, or lesse measure as your stomach will bear it : if any do take it, and thereupon happen presently amendment, or a rising or sore, you may think it to be the sicknesse, for the nature of the medicine is to prevent the plague, and in others to expell the sore, if it be not taken too late, in which case the stomach wil not brook it easily, and after two or three times taking, if you minister it to any, let it be at their first sicknesse , lest if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in March, and still it in a glasse Still, it is a good medicine to stop blood, and for the heat and rednesse of the face, and good to cure green wounds.

F x

For

178 A Choice Manual, or,

For the Too:b-ach.

Take Speremints, and ground-Ivy, of each a handful, and a good Ipoonful of Bay salt, & all these very well together, and boil them in a pint of the strongest Vinegar that you can get, let these boil all together until they come to a quarter of a pint then strain it, and put it into a glass and stop it very close, when your teeth doake, take a spoonfull of it blood-warm, and hold it in your mouth on that side the pain is.

To make the teeth stand fast.

Take Roots of Vervin In cold wine, and wash the teeth therewith.

For the perillous Cough.

Take white Horehound stamp it, wring out the juice, and mingle it wi h honey, and seeth it, and give it to the sick to drink, or else Sack, and Garlick seed, and roast it in the fire, and take away the peelings, and eat the rest with Honey,

or

or else take Sage, Rew, Cummin,
and pouder of Pepper, and seeth all
these together in honey and make
threof an electuary, and take thereof
a spoonfull in the morning, and ano-
ther at night.

*For a man that hath no tast in meat
or drink.*

Take a pottle of clear water, and
a good handfull of Dandilion, and
put it in an earthen pot, and seeth it
till it come to a quart, and then take
out the Hearbs, and put in a good
quantity of white Sugar, till you
think it to be somewhat pleasant, and
then put it into a vessel wherein it
may cool, and then take twenty or
thirty Almonds, blanch them and
beat them in a mortar, and when the
water is cold put it to the Almonds,
and strain it through a clean Cipri's
bag without compulsion, and if it
be thick, let it ran through again,
and so keep it in a vessel, and drink
of it often, at all times as you please.

To

180 *A Choice Manual, or,
To preserve a man from the Plague,*

Take *Aloe Epaticum*, and *Aloe Succatrine*, fine *Cinnamon* and *Myrrh*, of each of them 3 drachms, *Cloves*, *Mace*, *Lignum aloë*, *Mastick*, *Bole Armoniack*, of each of them half a drachm, let all these things be well stamped in a Morter, then mingle them together, and after keep them in some close vessel, and take of it every morning two penny weight, in half a glasse full of white Wine, with a little Water; and drink it in the morning at the dawning of the day, and so may you by the grace of God, go safely into all infection of the air and plague.

For a Tetter or Ring-worm.

Take Mercury a quarter of an ounce, Camphire one penny weight, make them into pouder, and rub them in a fair Porrenger, then take and mix them with the water of the Wine four or five spoonfuls, stir them well together, then put as much

much more water to that, then strain it through a cloth, and take Poppey seede one quarter of an ounce, beat, that in a stone Morter wth a spoonfull of the water of the Vine, puting a little and a little till you have spent the quantity of a pint, then put to half an ounce of the Milk of Coker-nut, so mix them well together, with your Receipt, and strain them as you make Almond milk through a fair cloth, then keep in a glasse for your use.

To keep ones body loose whensoeuer you please.

Take two ounces of Sirrup of Roses, one ounce of Sene, one penny worth of Annis seeds, one stick of Liquorice, one pint of Posturn water, seeth them altogether till it seeth to half a pint, then strain them forth, then boil the two ounces of Sirrup of Roses, and drink it warm.

For

182 A Choice Manual, or,
For a red Face.

Take Brimstone that is whole, and Cynamon of either of them an even proportion by weight, beat them into small pouder, searce it through a fine cloth upon a sheet of white paper, to the quantity of an ounce or more, and so by even proportions in weight, mingle them together, in clean clarified Capons grease, and temper them well together, untill they be well mollified, and then put them in a little Camphire to the quantity of a bean, and so put the whole confection in a glass

For a young Child to make water.

Boil Organy in fair water, and lay it warm to the Childes Navel.

A Medicine for the falling of the Vula into the Throat.

Take a red Colewort leaf, whereof cut away the midde rind, then put the leaf into a paper, and let it be burnt in hot embers or ashes, then take the leaf out, and lay it hot

hot on the top or crown of the bare head, and it will draw it up into his place and rid you out of pain.

A Medicine for the heat of the soles of the feet, that cometh by rheum or blood.

Take a quantity of Snails of the garden, and boil them in stale urine, then let the patient bath and set his feet therein, and using that often he shall be cured.

Gascons own Powder.

Take of powder of Pearl, of red Corral, of Crabs eyes, of Harts-horn, and white Amber, of each one ounce, beat them in fine powder, and searce them, then take so much of the black toes of the Crabs claws, as of all the rest of the powders, for that is the chief worker, beat them, and searce them finely as you do the rest, then weigh them severally, and take as much of the toes as you do of all the rest of the five powders, and mingle them well together, and make them up in balls

with jelly of Harts-horn, whereinto
put or infuse a small quantity of
Saffron to give them colour, then
let them lie till they be dry and ful-
ly hard, and keep them for your
use.

The Crabs are to be gotten in
May or September, before they be
boiled.

The dose is ten or twelve graines
in Dragon water, *Carduus* water,
or some other cordiall water.

The Apothecaries in their compo-
sition of it, use to put in a drachm
of good Orientall Bezar, to the o-
ther pouders, as you may see in the
prescription following.

This is thought to be the true
composition invented by *Gaston*,
and that the Bezar, Musk, and Am-
bergrisse, were added after by some
for curiosity, and that the former
will work without them as effectual-
ly as with them.

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*The Apothecaries Gascon Pouder
with the use.*

Take of Pearles, white Amber, Harts-horn, eyes of Crabs, and white Coral, of each half an ounce, of black thighes of Crabs calcined two ounces, to every ounce of this pouder put a drachm of Oriental Bezir; reduce them all into very fine pouder, and searce them, and with Harts-horn jelly, with a little Saffron put thererein, make it up into a paste, and make therewith Lozanges or Trochises for your use.

You must get your Crabs, and this pouder about *May*, or in *September*, before they shall be boiled; when you have made them, let them dry and grow hard in a dry air, neither by fire nor sun.

Their dose is ten or twele grains as before prescribed in the former page.

The

The

86 A Choice Manual, or,
The pouder prescribed by the Doctors
in their last London Dispensatory
1650 called the pouder of Crabs
claws.

Take of prepared Pearls, eyes or
stones of Crabs, of red Corall, of
white Amber, of Harts-horne, of
Oriental Bezar stone, of each half an
ounce, of the pouder of the black
tops of the Crabs clawes to the
weight of all the former; make
them all into pouder according to
Art, and with jelly made with the
skins or castings of our Vipers,
make it up into small Tablets, or
Trocchises, which you must warily
dry as before prescribed, and reserve
for your use.

The Countesse of Ken's pouder, good
against all malignant and Pestilent
Diseases; French Pox, Small Pox,
Measels, Plague, pestilence, mali-
gnant or scarlet Fevers good against
E Melancholy, dejection of Spirits,
twenty or thirty grains thereof be-
ing

ing exhibited in a little warm Sack,
or Harts-horn jelly to a man and
half as much, or twelve grains to a
child.

Take of the Magistery of Pearls,
of Crabs eyes prepared, of white
Amber prepared, Harts-horn, Ma-
gillery of white Corall, of *Lapis*
contra Tarsum, of each a like quan-
tity, to these pouders infused put of
the black tip, of the great claws of
Crabs, the full weight of the rest,
beat these all into very fine pouder,
and searce them through a fine
Lawn Scarce, to every ounce of this
pouder ad a drachm of true Orlen-
tall Bezar, make all these up into a
lump, or masse, with the jelly of
Harts-horn, and colour it with Saf-
fron, putting thereto a scruple of
Ambergriece, and a little Musk al-
so finely poudred, and dry them
(made up into small Trochilses)
neither by fire nor sun, but by
dry air : You may give to a man

twenty

18698 *A Choice Manual, or*
Tb twenty grains of It, and to a Chil-
twelve grains,

The Virtues of a Root called Con-
tra yerva, being made into a fine
Powder.

1. It withstands the Plague being taken in Tracle water.
2. It is good in all Pestilent diseases, taken in posset drink with Saffron.
3. It is good against a Fever, taken in *Cardus* water.
4. It is a great Antidote against all poysons taken in Sallade oyl.
5. It doth cure the biting of a mad dog, drunk in Rose Vinegar, and then drink nothing else but spring water during the cure.
6. It causeth a speedy delivery, given in Balm water, Bittony water, or in burnt Wine.
7. It doth take away the after-throws, given in the same liquors.
8. It is a good Cordial in all fits of the Mother given in Rue water.
9. It is very soveraign in swouning

Rare Secrets in Physick. 189
ing fits, given in Sack, or Borrage water.

10. It is very powerfull to withstand all melancholly, given in Sack.

11. It doth help Convulsions in Children given in Spring water.

12. It helpeth the Worms given in Goates milk.

13. It is good for a short breath, given in Rue water.

14. It helpeth the Head pain, given in Rue water, or Rosemary water.

15. It helpeth the yellow Jaundice, given in Celendine water.

16. It is very powerful in the Palsie, given in Sage water.

17. It is a good Antidote against the Gout, given in Sage water.

18. It withstandeth the growing of the Stone in the Reins, given in Renish Wine.

19. It causeth a good and quiet sleep taken in white Wine.

20. It is a good preserver of Health

190 *A Choice Manual, or,
Health, and meanes of long Life,
taken sometimes in Mead.*

21. It may be used as Triacle or
Bezar against Surfeits.

22. It is a generall upon all oc-
casions, and may be given at all
times, when you do not know what
the disease is, in any of the aforesald
Liquors.

The dose for a man or woman is
from one scrupel, to two scruples,
and a boy or girl twelve or fourteen
graines, in convenient liquors.

THE



THE EPISTLE.

Friend,

Being given to understand, that you were reprinting the Countess of Kents Manual; I thought good to communicate unto you, for the more accomplishment of your second Impression, the virtues of some select Cordial Spirits, of very great use in weak and sickly persons, which were first composed by Sir Walter Raleigh, during his Imprisonment in the Tower and dispersed by him to divers worthy Personages in their severall occasions and necessities, and were imparted to me by Captain Samuel King, who lived long time with him in the Tower, and in his expeditions; - this King being my loving friend, and School fellow, both in Canterbury and Westminster

THE EPISTLE.

ster Schooles. I have also insereted
bereunto certain Experiments of
Gascons powder, or the Countesses,
for the operations are much of the
same nature, which have many times
with very happy success, been tryed,
upon severall persons by my self, and
divers others by my directions, assuring
my self, it will be of very great use and
benefit to such persons as shall have
need of such helps and comforts and
rest,

Your Friend,

W. J.

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The Vertues of Aqua Bezoar.

It is good against contagious dis-
eases, as Plague, Purples, spotted
Fevers, small Pox, and Measels.

The order to take it, is with Car-
dus Benedictus, or Angelica in pos-
set Ale, and so sweat moderately up-
on the taking of it. It is good against
Surfeits, and easeth the stomack op-
prest with wind, crude flegm, and
superfluities, and helpeth digestion.

The dose is from two to three
spoonfuls at one time.

The Vertues of Spirit of Clary.

It is good to restore one in any
weaknesse, chiefly of the back : It
preserveth againt the Consumption
and Ptifick; It comforteth the
heart and increaseth radical mo-
isture; It also strengtheneth Child-
bearing Women after their delivery.

The

The dose is one or two spoonfuls morning and evening.

The virtue of Aqua Maræ.

It is good for all infirmities of the spleen, and to open the obstructions thereof, it comforteth the vital parts, and is good against all passions of the heart; it preserveth the meat in the Stomack from putrefaction; it helpeth digestion, and expelleth wind.

The dose is one spoonfull at one time.

The virtues of Flowers of Rosemary.

It is good against all infirmities of the Stomack, and to suppress all offensive fumes rising up from thence to the head, keeping them down, and helpeth memory; It openeth all stoppings of the Liver and Milt, it preventeth *Vertigo Scotomia*, Palsies, Apoplexies, diseases of that kind arising from cold humors; it breaketh wind and easeth the Chollick.

The

The dose is one spoonfull at one time.

The Virtues of Spirit of Mint.

It is good for the stomach, and strengtheneth the retentive faculty, good against vomiting, and all passions of the heart, it comforteth the vital spirits, and is good against the Consumption, it expelleth wind, and helpeth digestion, and is an infallible help for Melancholy.

The dose is from one to two spoonfuls.

The Virtues of Aqua Theriacalis.

It is good against all diseases of the Spleen whatsoever; It preventeth and helpeth contagions, and sudden oppressions and qualms of the heart.

The dose is one spoonfull to prevent, and three to the infected, who ought to sweat after taking it.

The Virtues of Spirit of Saffron.

It is good to comfort the vitall Spirits, passions, trembling, and pen-

penitiveness of the heart, and hel-
peth all malignity oppressing it, and
expelleth wind, suppresseth fume
which arise from the Spleen, and
up to the head, and openeth the ob-
structions of it; it is excellent
against all melancholly, and very
good for women in travell, for
comforteth and hasteneth delivery.

The dose is morning and evening
one spoonful for three days together.

Virtues of Spirit of Reses.

It is good to open the obstructions
of the Lungs, and preventeth Con-
sumptions, and other infirmities
that nature; it preserveth from pu-
trefaction, and keepeth the bread
from being corrupted.

The dose is a spoonfull at noon
at four in the afternoon, and as much
at bed time.

The Virtues of the Spirit of Dia- satyrion.

The Spirit made of Diasatyrion

magis gratum, prescribed in the last London Dispensatory, comforteth and much restoreth decayed nature, strengtheneth the weak back, increaseth seed, and advanceth generation, being taken thrice a day a spoonfull at a time, that is in the morning fasting, at four in the afternoon, and last at bedward, with this caution, that the weak parties abstain from veneriall acts till after their first sleep.

The dose is one spoonfull at one time.

The vertue of the Spirit of Strawberries.

It is excellent good to purify and cleanse the bloud; it preserveth from and also cureth the yellow Jaundice; and deopilateth the obstruction of the Spleen; It keepeth the body in a sweet temporatenesse, and refresheth the spirits.

The dose is a spoonfull at a time, when need requireth and of those helpe

196 *A Choice Manual, or
helps for the aforesaid diseases,*

*Spirit of Confection of Alkermes,
virtues.*

It is an excellent comfort to
the Spirits vtall, naturall, and an-
mall, in weak and delicate person
and against all trembling pensi-
nesse, and sudden qualms of the
heart.

The dose is one spoonfull at one
time.

The virtue of Spirit of Comfrey.

It hath all the virtues which Sphe-
rit of Clary hath, only it is of greater
efficacy in inward hurts, bruiles and
ruptures.

The dose is one spoonfull at one
time.

Extract of Ambergrise.

Take a drachm of Ambergrise whi-
grind it very small on a Paintor
stone, then pu. it into a boylet-horn
then take of the best Spirit of Wine
either Canary or Maligo Sacke is
half a pound of Spirit of Clary, w
cung.

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ounces, mingle them well together, and pour of the Menstrua one pint to this proportion of Amber, set them to digest in a gentle Balneo about eight hours, shaking it together three or four times, then take it out, and being cold, pour it forth, and put almost as much more of the mixed Spirit, digested as before in a gentle heat by Balneo, then put it forth to the first extracted; and adde half as much more Spirits the third time, and digest it again; and which Spiken have you extracted all the spe-
s of greatfull part of the Amber, and leave
nothing, but a black dead earth of no value.

Then take a pint of the Spirit of what Hearb you will use, and dis-
olve therin one pound of pure
Ambergreis white Sugar-candy, or at the least
a Paint twelve ounces, very finely powdered
boult-head and searced through a fine Searcer,
rit of Wine or the speedier resolution thereof,
aligo Sack is best to dissolve it cold; this
Clary, the solution must be twice filtered
cung.

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through a thin cap paper, to make
it very perfect clear : then take
three parts of this dulcified Spirit,
to one of your Extracts of Amber
drawn with Spirit of Wine , then
shake them wel together , and let
them stand in a square glasse very
close stopped, untill it shall be per-
fектly clear ; one drachm of this
Extraction of Amber will serve to
dulcifie and make fit two quarts of
Spirits of Mints or Cleary, or the
like and give it a most excellen-
t taste and efficacious vertues.

*Several Experiments made of the
Countesse of Kents, or of Gai-
gons Pouder, by a Professer of
Physik.*

A Child aged about five years, so
troubled much with flegme , and the
drawing on (as the Parents concei-
ved) to his end, with ten graines of
this Pouder exhibited in a specifi-
cal v. hicle to the proportion of one
spoonfull , aboue seven of the clea-

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at night, with the like dose exhibited the next morning, was within three dayes space perfectly recovered, and went abroad.

2 A Child aged about fourteen years, being suddenly surprized with dangerous Fits, and trembling of the heart, with twelve grains of this Pouder exhibited in a spoonfull of *Aqua Theriacalis*, was that very day recovered.

3. A Stacinoers Child aged about five yeates being suddenly taken so ill, that the Parents feared the life of their Child, with ten grains of this Pouder exhibited in a spoonfull of Cordial Spirit, being laid down, and well covered (we suspected it would prove to be the small Pox) became within two or three hours somewhat chearful: and with this medicine continued once a day, the Pox brokforth, and the Chlld mended.

4 A Boy aged about sixteen: being taken with suddaine qualmes

K. about

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about his Stomack and heart, with
ten grains of this pouder exhibide
in a spoonful of Doctor Mount-
fords water upon his fit, and the
like quantity exhibited again when
he went to bed, was the next day
recovered.

5 A Child about three yeare
old being troubled with grievous
torments, and gripings in the belly
with wind, with nine grains of this
Pouder, exhibited with two drops
of specifical Oyl against the Col-
lick, in a spoonful of Stomack Wa-
ter, was eased in few hours.

6. A Child about seven yeare
old, being troubled with Convul-
tion Fits, with ten grains of this
Pouder, mixed with Spirit of Ca-
stor in a few spoonfulls of black
Cherry water , annoiting the
two neck veines near the eares,
with a few drops of Oyle of Am-
ber and Cloves , was suddenly
recovered

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recovered of his fit.

7. A Gentlewoman, near forty years old, being oppr. fled with crude and fla uous humors, so that her friends thought her departing, was with twelve graines of this Pouder, and two drops of a Cordial Oyl, exhibited in a spoonful of Cordial Water, being had to bed, within three daies recovered, and followed her domestick busynesse.

8. A Youth about twenty years old, much oppr. fled with wind and crudities of the stomack, with twelve graines of this pouder exhibited in two drops of specifical Collick Oyl, as in the fifth experiment, with a cordial water, was speedily recovered.

A Young Maid, about eighteen years old, troubled with fits of the Mother, and Convulsive fits, with twelve grains of this pouder given her in a few spoonfulls of Piony water, gathered and

distilled in due season, with a drop of oyle of Cianamoni, and two of Amber mingled together, being held upright before a warm fire, within four hours recovered out of her fit, and went up to her chamber (though her ree h were set in her head, and small appearance of life) but that onely her feet were warm, was discovered in her.

10. A Gentlewoman aged about fifty, being very much troubled with flatucus and crud humours oppressing the stomack, with sixteen graias of *Gaseon* pouder, and with three drops of Oyle of Oranges, duly prepared, exhibited in an ounce of *Aqua Theriscalis*, being well shaken and mingled together, being exhibited at two several times, that is, at night when she went to bed, disposing for rest, and betimes the next morning, found much ease and comfort, and gained some quiet rest that night,

night, and shortly recovered.

II A young Woman aged about four and twenty, not without some suspition of the plague, having a tumour long while arising on her groin, with three severall doses of *Gascons Pouder*, exhibited at three evenings when she disposed for rest; by twelve grains for every dose in a spoonfull of triacle water, drinking every morning a spoonfull of Spirit of Saffron for those three daies together, was perfectly recovered, and followed her domestick business,

These and many other Experiments have I with good success tryed, and with Gods blessing recovered diverse several Patients.

This Pouder is good against small Pox, Measels, spotted or purple Fever, exhibited in specifical waters, fit for their severall diseases; It is good in swoundings and passions of the heart, arising from malignant vapours;

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or old causes, as also in the Plague or Pestilent Fevers, alwaies obser-
ving to keep the persons upright, warm, and well covered after their taking it.

The dose of this pouder in Children, is from eight to twelve grains, in persons more aged, from twelve to fourteen grains, but exhibite the dose twice or thrice if need require, In the Plague you may use a greater quantity, with such medicines as are prescribed in the Child-bearers Cabinet, and it will not be amisse, to mingle it with some *Aqua Theriacalis*.

The Composition of the Oyl called Oleum Magistrale, said to be invented by one named Aparichus, a Spaniard, being special good to cleanse and consolidate wounds, especially in the Head.

Take a quart of the best white Wine you can get, of pure Oyl of

he Plague
ies obser-
upright,
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in Chil-
e grains,
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of Olives three pound, then put thereto these floures and hearbs following: of the floures and leaves of Hypericon half a pound, of *Carduus Benedictus*, of Valerian, of the least Sage, of each a quarter of a pound; If it be possible, take the leaves and floures of every one of these, then let them all steep twenty four hours in the aforelaid Wine and Oyl; the next day boil them it a pot well nealed, or in a copper vessel over a soft fire, until such time as the wine be all consumed, stirring it alwaies with a spatle; after you have thus done, take it from the fire, and strain it and put to the stranling a pound and half of good *venice Turpen-tine*, then boil it again upon a soft fire the space of a quarter of an hour, then put thereunto of Olibanum five onnces, of Myrrh three onces, of *Sanguis Draconis* one ounce, and so let it boyl till the Incense and Myrrh be melted, then take it off, and let it stand until it be cold

then put it into a glasse bottle , and set it eight or ten dayes in the Sun, and keep it for your use.

This Oyl, the older it is, the better it is, it must be applied to the Patient wounded as hot as may be endured, first washing the wound with white wine , boiled with a handfull o Incense to comfort, and wiping it clea. with a linnen cloth before you dress it, whitch must be if it come to any bruising or bittings, twice aday, that is, about a ient of the clock in the m . rni g in winter, and at summer about nine in the morning, and aboue four in the afternoon , but if they be green wounds, you shal not need to change it again untill the next day, neither need the Patient to obserue any precise diet.

A D D I T I-



ADDITIONS.

*A rare Scar cloth with the
Virtues.*

Eake of Oil Olive one pound and a half, red Lead one pound and a half, of white Lead one pound, Castle-Sope four ounces, put your oyl Olive in a Pipkin, and put thereto your Oil of Bayes, and your Castle Sope: seeth these over a gentle fire of embers till it be well mingled, and melted together then strew a little red Lead, and white, being mingled together in pouder, still stirring it with a spalter of Wood, and so strew in more of your Lead by little and little

little till all be in, stirring it still by
the bottom to keep it from burn-
ing, for an hour and half toge-
ther, then make the fire somewhat
bigger, till their rednesse be turned
into a gray colour, but you must
not leave stirring it till the matter be
turned into a perfect black colour as
pitch; then drop a little upon a
wooden Trencher, and if it cleave
not to the Trencher, nor your Fin-
ger, it is enough; then take the long
linnen cloathes, & dip them therein,
and make your Scar-cloath thereof:
they will keep twenty years; let your
pouder of your Lead be scarsed very
fine, and shred the Sope small.

The Virtues of this Scaycloth,
are:

Being laid to the Stomack it doth
provoke Appetite, and taketh away
any pain in the Stomack; being laid
to the Belly it is a present remedy for
the Cholick; being laid to the Back,
it

still by it is a present Remedy for the Flux,
burn. and running of the Reins, heat of
toge- the Kidnies, and weakness of the
newhat Back; it helpeth all Swellings and
turned Bruises, taketh away Aches, it break-
n must eth Fellons, and other Imposthumus,
itter be and healeth them; it draweth out
louras any running Humor, and helpeth
upon a him without breaking of the skin,
cleave and being applied to the Fundament,
ur Fin- helpeth any disease there; it helpeth
the long all old Sores, and will be made in
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d very

For a Surfeit.

Take three pints of Muscadine,
one handful of Rue, one handful of
red Sage; boil this together three or
four walimes: take a quarter of an
ounce of Nutmegs, half an ounce of
Ginger, two or three corns of long
Pepper; beat them all together, and
boil them until the three pints comes
to a quart: strain it, and put in it a
quarter of an ounce of Mitchridare,
half

half an ounce of London-Triacle, a quarter of a pint of strong Angelica water, all these being well mixed together, put them up in a Glasse.

It is good for one that hath Surfeited to take three or four spoonfuls, keeping them very warm in bed, the same quantity taken is good against the Smal-Pox, or Measles.

It is good against the Wind, or pain in the Stomack, taking one spoonful in the morning, or any Infection.

*An excellent Receipt against a Cough
of a Consumption.*

Take a quarter of a pound of the best Honey, a quarter of a pint of Conduit-water, boil them as long as any white scum ariseth, and take it off, then take a quarter of a pound of the best blew Currans, put them on the fire in a pint of fair wa-er; boil them untill they be tender, then pour the Water from them, and bruise them through

through a hair Sive, and put that Juice, and Honey together : adde to it one ounce of the pouder of Liquorice, one ounce of the pouder of Annise-seeds ; mix all these together, and put them In a gall-y-pot, and when it is cold tye it up ; the party troubled may take of it upon the point of a knif morning or evening, as often as the Cough taketh them.

Lucantelions Balsom, admirable for
Wounds, and many other
things.

Take of Venice-Turpentine a pound, Oil-Olive three pints, yellow Wax hal' a pound, of natural Balsom one ounce, Oil of S. Johns-Wort one ounce, of red Saunders poudered an ounce, six spoonfuls of Sack : cut the Wax and melt it on the fire, and then leſt it catch the fire, take it off, put in the Turpentine to it, having first washed the Venice-Turpentine thrice with Da-mask

mask Rose water, and having mingled your Sallade-Oll with the sack, put also the oyl to them, & put them all on the fire, and stir it till it begin to boil, for if it boil much it will run over speedily, then suffer it to cook for a night, or more, untill the water and Wine be sunk all to the bottom, then make some holes in the stuffe that the Water may run out of it, which being done, put it over the fire again, putting to it the Balsom, and the Oil of Saint Johns-wort; and when it is melted, then put the Sanders to it: stir it well that it may incorporate, and when it first begins to boil, take it off the fire, and stir it the space of two hours, till it be grown thick, then put it up, and keep it for your use as most precious, for thirty or fourty years, or more.

The Virtues.

1. It is good to heal any wound inward or outward, being squirted warm

warm into the inward Wound, being applyed to an outward Wound with fine lint, or Linnen, annoyning also those parts thereabouts, it not onely taketh away the pain, but also keepeth it from any Inflammation, and also draweth forth all broken Bones, or any other thing that might putrifie or fester it, so that the brains or lawards, as the Liver, Guts, or pat be not troubled, it will heal it in four or five dayes dressing, so that nothing be applied thereunto.

2. It also healeth any Burning and Scalding, and healeth also any Bruise or Cut, being first annoyned with the said Oil, and a piece of Linnen cloth, or lint dipt in the same, being warmed and laid unto the place it will heal it without any Scar remaining.

3. It helpeth the Head-ach by annoyning the Temples and Nostrils therewith.

4. It is good against the wind Cholick,

Cholick, or stich in the Side, applied thereto warm with hot clothe morning and evening together, quarter of an ounce.

5. It helpeth the biting of a mad Dog, or any other Beast.

6. It is good against the Plague, anointing onely the Nostrils, and the Lips therewith in the morning before you go forth.

7. It also healeth a Fistula, Ulcer, be it never so deep, in any part of the body, being applied aforesaid is directed for a Cut.

8. It is good against Worms or Canker, being used as in a Cut, but it will require longer time to help them.

9. It is good for one infected with the Plague, Measles, so as it be presently taken in warm Broth, the quantity of a quarter of an ounce four mornings together, and sweat upon it.

10. It likewise helpeth digestion, anointing the Navel and Stomack there-

Side, therewith when the party goeth to
hot clothes Bed, it will stanch any Blood of a
together, green Wound, put in a plaster of
lint on it, and tye it very hard.

g of a man 11. The quantity of an Nutmeg
in Sick blood-warm , and sweat
the Plague thereon, it bringeth forth all man-
ofstrils, an ner of clotted Blood, and taketh a-
e morning way all Aches.

istula, or 12. It also healeth the rose Gout
sharp, in any and Scurvy.

applied at 13. It helpeth all paines in Wo-
mens breasts, all chaps or Wolf that
Cut. cometh with a Bruise.

Worms 14. It helpeth the small Pox, be-
in a Cut, in annointed therewith without any
time to Scar.

ected with 15. It helpeth all Sprains and
it be pre- Swellings, and indeed I cannot tell
orth, the what comes amisse unto it.

A most

*A most certain and proved Medicine against all manner of E-
stilence and Plague, be it
never so vehement.*

Take an Onion, and cut it over-
thwart, then make a little hole in ei-
ther peice, the which you shall fill
with fine Trincke, and set the pieces
together as they were before : after
this wrap them in a fine wet linnen
cloth, putting it to roast, and cov-
ered in the embers, or ashes, and
when it is rosted enough, presse out
all the juice of it, and give the Pat-
ient a spoonfull, and immediately he
shall feel himself better, and sha-
witout fail be healed.

How to make the Ointment of Tobacco
Jobertus.

Take of green Tobacco-leaves
two pound, of fresh Hogs greased di-
ligently wash one pound, bruise the
herbs,

hearbs, and infuse it a whole night in red Wine, and then let it boil with the Hogs-grease with a gentle fire, untill the Wine be all consumed: then strain it, and add to the Ointment the juice of Tabacco one pound good and clear Rosin four ounces, then boil it again till the juice be consumed, adding towards the end, of round Birthwort-roots in pouder two ounces, new Wax four ounces, or so much as is sufficient to make it into an Ointment.

The Virtues of it are these.

It cures all Tumors, Aposthumies, Wounds, Ulcers, Gun shot, Borrhages, Ich, Stringing with Nettles, Bees, Wasps, Hornets, or Venomous Beasts, wounds made with poysoned Arrows, all Burnings and Scaldings, although it be with Oyl, or Lightning, and that without any Scar; It doth help all nasty, rotten, stinking, putrified ulcers, although they

they be in the leggs where the humor
be ready to resort most in Fistula's
although the bone be afflicted it will
scale it without any instrument, and
bring up the flesh from the bottom,
your Face being annointed with it.
It taketh away suddenly all redness,
pimples, Sun-burnt; A Wound
dressed with this Ointment, It will
never putrifie, it will cure a Wound
when no Tent can search it; it cureth
the Head-ach, the Temples being
annointed therewith; the Stomach
being annointed with it, no infirmi-
ty will harbour there, no not Impo-
stumes, or Consumption of the
Lungs, the belly being annointed
therewith; it helpeth the Cholick,
and illiack passions, the Wormes
(and what not) too tedious here
to relate: It helpeth the Einfoldes
or Piles, it is the best Ointment
in the World for all sorts of Gout
whatsoever, and there can nothing
come nigh unto it.

*A very good Conserve for the help
of a Consumption and Couch.*

Take half a pound of blew Raisins,
the blackest sort is the best , and
stone them, and skin them, and two
ounces of white Sugarcandy , and
two ounces of Oil of sweet Almonds
and bruise them well, and when they
be well incorporated together, use it
to eat morning, noon, and night.

*A very special Drink against a
Consumption.*

Take Colts-foot, Hysop, Scabi-
Cholick, & Maldenhair, of each a hand-
full, and a quarter of a pound of
dious hen Figs, and cut them in two pieces,
Einroldes and a quarter of a pound of Raisins,
intment and stone them, and take ten Dates
of Gou and stone them, and so boil them in
nothing but four quarts of fair water , and after
hath boyled a little, put into it
half an ounce of Liquorice scraped,
and

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and bruised, and so let it boil till one quart be boiled away, then take off, and when it is cold strain it into a Pot, and drink half a pint every morning, at four of the clock, and much after dinner, at four of the clock.

For Worms in Children.

Wormseed boiled in Beer or Ale, and then sweeten it with clarified Honey, and let them drink it.

How to drive away the Yellows of the Face that is caused by the overflowing of the Gall. Approved.

Take a great white Onion, and make a hole in the top of it, and then put into it the quantity of a Nutmeg of good Triacle, and then stop the hole againe with the said piece that is cut out of it, but mingle the Triacle with Saffron powdered; the being

being done, rost the Onion in hot
Embers, being wrapped up in wet
Paper, and when it is well rosted,
wring out the juice thereof hard, and
give the party this drink in the morn-
ing, and sweat an hour after it, and
so continue for three mornings toge-
ther, and then let the party take a
gentle Purge, & Fiar.

*An excellent Medicine for the Drop-
sie, made for Queen Elizabeth
by Doctor Adrian, and Do-
ctor Lacy. Proved.*

Take Polipodium, Spikenard,
Squat, Ginger, Marjoram, Galin-
gal, Setwell, *ans.* a penny weight, Se-
na leaves and cods, so much as all
the rest grossly beaten; put them in-
to a bag, and hang it in an earthen
pot of two gallons of Ale, and every
four dayes cover the pot with new
Barm, and drink no other drink for
six dayes, and this shall purge all ill
humours out of the Body, neither,

L

wil.

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will it let the bloud putrifie, nor flegm to have domination, nor Choler to burn, nor Melancholly to have exaltation, it doth encrease Bloud and helpeth all evil, it helpeth and purgeth Rheum, it defendeth the Stomack, it preserueth the body, and Ingendreth good colour, comforteth the sight, and nourisheth the Mind.

For the Dropſie that Swelleth.

Eat Water-cresses, and Raisins use it often, and it will send down the Disease into the Legs and feet and when it is there, take the green bark of Elder in the winter, and the crops in summer, and boil them with fair Water and Oat-meal to make Poultess, and apply it to the girdle and this will heal it.

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The Celestial water in the World
for the Eyes.

Aqua Celidonia, } of each a quart.
Aqua Euphrasias, } ter of a pint.
Aqua Finiscula, }

Lapis Tutius, } of each a dram.
Lapis Calaminaris, }

And excellent Water for one that is
near, or in a Consumption.

Take Milk three pints, red Wine
one pint, twenty four yolks of new
laid Eggs, beat them very well toge-
ther, then add so much white Bread
as will drink up the Wine, and put
to it some Cowslip flowers, and distil
them, and take a spoonfull first and
last in broth made of a Chicken, or
Mutton, and in one moneth it will
cure any Consumption.

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L. 2

For

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For to stay Vomiting presently.

Take a little Mastick, and put it upon a hot Coal, and set a Funnel over it, and receeceive the fume into y^eur mouth, and let it go into y^eur Stomack, & flat.

Doctor Teucables green Balsom.

Take in the moneth of May, Rosemary tops, Wormwood, Balm, and Rue, *anz* two ounces, red Sage and Bay-buds, *anz.* four ounces, Sheeps-Suet twelve ounces, beat all this very well together in a stone Morter, till it be all as a Salve, then put it into a clean Pipkin well stopt, and set it for eight dayes in a cold place, then put it all in a clean brasie Chaffer and add to it a pound of sweet Sallade oil, and as many of the said Herbs as aforesaid well bruised, and let them boil over a soft fire very softly the space of an hour, and stir them all the time with a wooden Spatula;

Spaula, then take them from the fire, and presently put into it an ounce of Spike oil, and stir them together, then with a Spoon take off the oily substance from the Herbs, and then strain it into a gally-pot, and keep it very close stoppt, and set it in a cool place, it will keep good two or three years.

The Virtues are these.

The virtue of the said Balm is in all perfection good to cure all that is here under written, and the said Oil is good to any wounds either inward or outward; Proved; Being inward squirted into the laid wound's warm, and outward, being applied with fine lint, or linnen, and anointing all the parts thereabouts.

I. It doth not onely take away the pain, but it doth also keep it from inflammation, and draweth forth also all broken bones, or any thing

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else that may putrify or fester, if the Brains, Heart, Guts, Liver be not touched, it will heal in four or five times dressing, if no other thing be applied thereunto.

2. It healeth any Burning or Scalding by fire, or water, or by any other meanes; it healeth any.

*A most excellent Pouder, much used
by a Person of Quality, lately
Deceased, with the Virtues.*

Take Pearl Magistrale perpared,
Corral red and white prepared, pre-
pared Amber, prepared Harts-horn,
of each half an ounce, *Contra Tarus*,
one ounce; mingle them well toge-
ther, then take three ounces of the
black claws of Crabs before they be
sodden, they must be taken in June
or July, the Sun being in *Cancer*,
mingle all well together, then put
to it four ounces of white Sugar-can-
dy powdered, and mingle with the
Sugar.

Sugarcandy, Ambergrice, Musk, Citron seed skinned, ana. ten grains; beat the Seeds, Sugar-candy & Ambergriice by themselves, very fine in a stone Mortar, all the rest must be passed through a fine Searce, then make a strong gelly of Harts-horn, being boiled with white Wine, and infuse therein Saffron poudred two drachms, and with this Jelly perfume the pouder, being all mixt into a paste, so make it up into little balls, and set them in a warm Oven to dry, and then put them up to your use, the closer they be kept the better.

The Virtues of this pouder is most excellent.

1. For to bring out the Small Pox, or If they be come out, take ten grains in Dragon-water each three hours, for nine hours.

2. For the Plague take ten grains in Dragon-water each three hours

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for nine hours, and sweat and keep
your self warm.

3. For a Heptrick, take for nine-
teen dayes together, six grains every
morning in Borrage-water.

4. For a Consumption, In Egri-
mony-water, take six grains for four-
teen dayes together.

5. For the Cough of the Lungs,
six grains, In half Bettony, and half
Hysop water, for fourteen daies.

6. For any Ague or Feaver, for
three dayes, every third day take se-
ven grains every three hours for nine
hours In Carduus-water.

7. For Poison twelve grains boil-
ed in a little Milk.

8. For a Woman that is sick af-
ter Labour, take seven grains every
three hours for nine hours in Egri-
mony-water.

9. Ther

9. There Is no Unicorns horn comparable to it in contagious times it is good to take five grains every morning in a little Sack.

10. For the passion of the heart, and Convulsion fits, seven grains in Borage-water, and it is a great preserver of health, working onely as a Cordial, and you may safely take ten, twelve, fourteen, or sixteen, or eighteen, or twenty grains at once for a full dose.

11. And if it be great Feaver, small Pox, Plague, Poison, or for a Woman in Labour, put into every Dose three grains of Bezoar Orientall.

*How to strengthen the Bask, and
to make one Lusty.*

Take half a pint of Malmsey, and a handful of the pith of an Ox-back, but take the pith out from the skin,

L 5 then

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then take four, or five stalks of Arrechoaks, and take the pith out of them, but first cut the stalks into pieces so long as your finger, and then parboil them well, and then take the pith from them, and then put it to the other things, and boil it gently to a Jelly, and when you have done so let it be cold, and then eat it upon the point of a knife morning and evening, and at any time of the day, so much as you shall think fitting, and if you would have it pleasant, make it sweet with white Sugar-candy, but not with Sugar.

For one that cannot make his Water.

Take Thyme and steep it in Wine-Vinegar, one night or more, then take of this three spoonfuls, bloud-warm, after that you have eaten, in the morning, noon, and night.

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How to help a stinking Breath
that cometh from the
Stomac'c.

Take two handfulls of Cummin-seeds, and beat them to pouder, and seeth it in a pottle of white-wine, un-till half hath boiled away, and then give the party a good draught there-of first and last, morning and even-ing, as hot as he can suffer it, and in fifteen or sixteen dayes it will help.

For the Sciaticks, or the Gout, my
Lord of Sussex Medicine,
called Flesh Ungue-tors.

Take of Rosin half a pound, of
Perozin half a pound, of Virglns-Wax four ounces, of Olibanum four ounces, of Mastick half an ounce, of Sheeps-Tallow, or of Harts-tallow, two ounces, of Camphire three drams, and of Turpen-tine three ounces.

The

The way to make it.

First beat all your Gums aforesaid, every one by themselves, then take your Tallow and your Wax, and set them together on the fire, that done, put in your Rosin, then your Perosin, then your Olibanum, and last of all your Mastick; and when all is relented together over a soft fire of Coals, then strain it through a thin Canvas cloath into a pottle of white Wine; and then let them all boil together again until half the Wine be wasted and so draw away; then take it from the fire, and let it cool, then afterward when it is almost cold annoyn your hands with the Oil of sweet Almonds, and work it up in roul's like Wax rou's, and in the time of the worl ing thereof, cast in your Camphire beaten in fine powder by it self alone; this ob-served that before you put in your Camphire into the Morter for to be beaten

beaten into pouder, you must alway beat in the same Morter two or three Almonds, for else your Camphire will not be made into Pouder.

The ordering of the same Medicine.

First you must spread it upon a fine linnen-cloath, plaister-wise, and so lay it upon every joyns where the pain is, but before the laying of your Plaister you must anoint all your Joyns with the Oll of Roses, & the stuff of your plaister must be half an inch thick, and according unto the property of the same, you must let it stick & cling where you lay it for the space of nine or ten daies together, notwithstanding it doth put you to some pain or itch in the meantime, yet you must in any wise let it lie on still, for it will both draw out the sinews by little small Pimples, and also heal it again, and this one Plaister must serve during all the time of your disease without any manner of renewing. Prob. of witness by my Lord of Suffolk.

A T A B L E





A

T A B L E
O F T H E
C o n t e n t s
O F T H E
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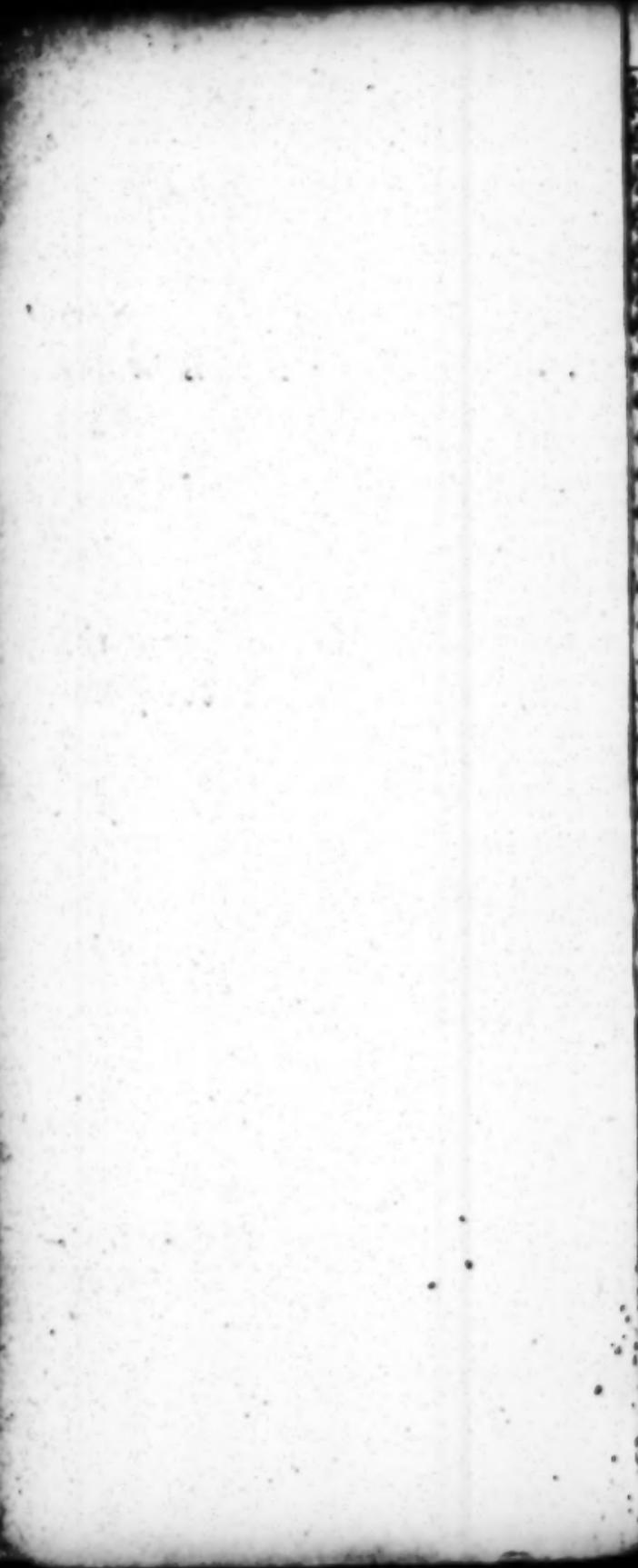
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A
True Gentlewoman's
DELIGHT.

Wherein is contain-
ed all manner of
COOKERY:

Together with
PRESERVING,
CONSERVING,
DRYING and
CANDYING.

Very necessary for all Ladies
and Gentlewomen.

Published by W. G. GBNT.

L O N D O N,
Printed by Gartrude Dawson,
in S. Bartholomew's Close, near
the Half moon Taverns
Alley end. 1659.

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To

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To the Virtuous and most
Hopeful Gentlewoman, Mrs. Anne
Pile, Eldest Daughter of the
Honourable Sir Francis
Pile Baronet,
deceased.

Most accomplish't LADY,

BHe many singul : favours ,
which I have received , not
onely from your worthy self ,
but also from your thrice noble
Progenitors , justly oblige me by all
the duties of gratitude , to tender
a just acknowledgement : I wish the
same heart , that for many and just
causes truly honours you , had any
present worthy your acceptance .
Now shall it be your singular good-
nesse to patronage this small Treas-
tise , which (if I mistake not) carries
with

The Epistle Dedicatory.

with it two parts, Delight, and Utility, I doubt not then, but that it will find a general acceptance among all those, who are any wayes least lovers of such pleasing and delighfull studies. I intend not to paraphrase upon its worth, its singular profit, which abundantly speaks second unto none that hath been published of the like nature: so hoping you will accordingly esteem of it, I beg pardon for my boldness, and rest ever,

A true and faithful

honourer of your trans-

parent Virtues,

W. J.



TO THE READER.

FRIENDLY READER,

Here thou hast a small Treatise
entituled, A true Gentlewo-
mans Delight, presented to thy view :
be so courteous as to read before thou
censure it. If then the effect be answer-
able to its name, I shall be right glad :
If there be any Errors, it will be no
error, but a singular token of thy ex-
emplar humanity to passe it by, and sign-
it with thy pardon, for which I engage
myself,

Thine on the

like occasion,

W. I.

M

A T-



❧ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦ ♦

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A





A TRUE
GENTLE WOMANS
DELIGHT.

To make an excellent Jelly.

Take three gallons of faire water, boil in it a knucle of Veal, and two Calfes fee slit in two, with all the fat clear taken from between the claws, so let them boil to a very tender jelly, keeping it clean scummed, and the edges of the pot always wiped with a clean cloth, that none of the scum may boil in, then strain it from the meat, and let it stand all night, the next mornig take away the top and the bottome, and take to every quart

2 A True Gentlewoman

quart of this jelly, half a pint
Sherry Sack, half an ounce of C
innamon, and as much Sugar as
season it, six whites of Eggs
well beaten, mingle all these to
ther, then boil it half an hour, &
let it run through your jelly bag.

To make a Christal Jelly.

Take two Calves feet, fley them
and lay them in fair spring water
with a knuckle of Veal, shifft
half a dozen waters, take out them
betwixt the claws, but do not breake
the bones, for if you do, the mar
row of the bones will stain the jel
ly, when they are soft and pick
very clean, boll them very tender in
spring water, when they be boyled
tender, take them up, and use them
at your pleasure to eat, let the broth
stand in an earthen pot or Pipkin
till it be cold, then take away the
bottome and the top, and putt the
clear into a fair Pipkin, putt into it
half a pound of fair Sugar-candy,
or other Sugar, three drops of oil

half a pint of Nutmeg, three drops of oil of Mace, and a grain of Musk, and so let it boil leisurely a quarter of an hour, then let it run through a jelly bag into gellie pot, when it is cold you may serve it in little care-less lumps being taken out with a childs spoon, and this is the best way to make your Christal jelly.

To make Apple Cream at any time.

Take twelve Pippins, pare and slit them, then put them in a Skillet, and some Claret Wine, and a race of Ginger shred thin, and a little Lemon pill cut small, and a little Sugar, let all these stand together till they be soft, then take them off and put them in a dish till they be cold, then take a quart of Cream boil with a little Nutmeg a while, then put in as much of the Apple stuff, to make it of what thickness you please, and so serve it up.

To make a Trifle Cream:

Take some Cream and boil it with

4 A True Gentlewoman

with a cut Nutmeg, and Lemon
a while, then take it off, cool it
till, and season it with a little Rose
water and Sugar to your taste, and
this be put in the thing you sent her
in, then put in a little Kuone, then
make it come, then it is fit to eat, are
pe

To make clouted Cream. sm

Take three gallons of new Milk
set it on the fire till it boileth, make
a hole in the middle of the Cream
of the Milk, then take a pottle of
three pint of very good Cream, pour
it into the hole you made in the
middle of the Milk, as it boileth,
and let it boil together half an hour,
then put it into three or four Milk
pans, so let it stand two dayes, in
the weather be not too hot, then take
it up in clouts with a scumer, or
alice, and put in that which you
will serve it in, if you like it season-
ed, you may put some Rose water
between every clout as you lay one
upon another with your Alice in
the

and Lemon the dish you mean to serve it in.

; cool it. To make a Quince Cream.

a little R. Take the Quinces and put them
our taste, into boiling water unpared, then let
g you sen hem boil very fast uncovered, that
e Kunne they may not colour, and when they
fit to eat, are very tender, take them off and
peel them, and beat the pap very
am. small with Sugar, and then take raw
f new Milk cream and mix with it, till it be of
ileth, maſt thickneſſe to eat like a Cream, but
the Creaſt you boil the cream with a ſtick
a potke of Cinnamon, I think it the better,
ream, pbut it muſt ſtand till it be cold be-
ade in before you put it to the Quinces.

it boileth

f an hōr. To make a fresh Cheeſe

our Milk. Take a pint of fresh Cream, ſet
dayes, i n on the fire, then take the white of
then tak six Eggs, beat them very well, and
mer, or wring in the juice of a good Le-
whch you mon to the whites, when the cream
t ſeason ſeeths up, put in the whites, and
ſe wateſtir it about till it be turned, and
lay one then take it off, and put i t into the
Quice in a cloſtch, and let the whey be drawn
the

from

6 A True Gentlewoman's
from it, then take the curd & pound
it in a stone Morter with a littell
Rose water and Sugar, & put it in
to an earthen cullender, and so let
it stand till you send it to the table,
then put it into a dish, put a little
sweet cream to it, and so serve it in.

To make a Codling Cream.

After your Codlings be thoroughly cooled and yielded, put them into a silver dish, and fill the dish almost half full with Rose-water, and half a pound of Sugar, boil all this liquor together, until half be consumed, and keep it stirring till it be ready, then fill up your dish with sweet cream, and stir it till it be well mingled, and when it hath boyled round about the dish, take it up, sweeten it with Sugar, and serve it cold.

How to make a Goosberry Fool.

take your Goosberries and pick them and put them into clean water and boyl them till they be all as thick

thick that you cannot discern what it is, to the value of a quart, take six yolks of Eggs well beaten with Rose-water, and before you put in your Eggs season it well with Sugar, then strain your Eggs, and let them boil a little while, then take it up, put it in a broad dish, and let it stand till it be cold, thus it must be eaten;

How to make a white Fool

Take a quart of Cream, and set it over the fire, and boil it with whole Cinnamon, and sliced Nutmeg, and Sugar, then when it is almost ready, take the white of six Eggs well beaten with Rose-water, and scum off the froth from them, and put it into the Cream, and boil it together a pritty while, then season it and take the whole spice out of it, and put it up in a broad dish, and when it is cold, then it must be eaten.

To make a Goosberry Custard.

Take as many Goosberries as you please, boil them till they be soft

8 *A True Gentlewoman*

soft, then take them out, and let them stand and cool, and draw them, draw them with your hand through a Canvas strainer, then put in a little rose water, Sugar, and three whites, and stir them altogether, put them in a skillet, and stir them apace, else they will burn, let them stand and cool a little while, and take them off, and put them in glasses.

To make a Fool.

Take two quarts of Cream, set it over the fire, and let it boil, then take the yolks of twelve Eggs, and beat them very well with three or four spoonfuls of cold Cream, before you put the Eggs into the hot Cream, take three or four spoonfuls of the Cream out of the skillet and put into the Eggs, and stir it together, and then strain the Eggs into the skillet of hot Cream stirring it all the time to keep it from turning, then set it on the fire, and let it boil a little while,

but

but keep it still stirring for fear of burning, then take it off, and let it stand and cool, then take two or three spoonfuls of Sack, and put it in the dish, and some four or five Sippets and put them in the dish, set the dish and Sippets a drying, and when they be dry that they hang to the dish, sweeten the Cream, and pour it in the dish softly, because the Sippets shall not rise up, this will make three dishes, when it is cold it is fit to be eaten.

To make Beef-cakes.

For the crust take half a pint of flower, and four spoonfuls of cold water, and three parts of a quarter of a pound of Butter, beat and knead these together and put the past a sunder several times, then roul it square, and turn it over, then take a pint of Cream, and seven Eggs, and a quarter of a pound of Sugar, and a quarter of a pound of Cur-rans plumpt before you put them in and a whole Nutmeg grated on a

N

knife

to A True Gentlewoman
knife, and some Pepper beaten,
but not too much, it must be gently
boiled and stirred as you do buttered
Eggs, the stiffe must be cold,
and then put in the coffin, and so
bake it.

To make a Sack Posset.

Take two quarts of pure good
Cream, a quarter of a pound, of the
best Almonds, stamp them in the
Cream, and boil Amber and Musk
therein, then take a pint of Sack in a
Bason, and set it on a chaffing dish
till it be bloud-warm, then take the
yolks of twelve Eggs, with four
whits, and beat them very well to-
gether, and so put the Egges into the
Sack, and make it good and hot, let
the cream cool a little before you
put it into the Sack, then stir alto-
gether over the coales, till it be as
thick as you would have it, if you
take some Amber and Musk, and
grind it small with Sugar, & strew it
on the top of the posset it will give
it a most delicate and pleasant taste.

To

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cold,
and so

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Musk
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To

Delight.

I E

To make Leach.

Make your Jelly for your Leach with Calves feet, as you do your ordinary Jelly, but a little stiffer, and when it is cold, take off of the top and bottome, and set it over the fire with some Cinnamon and Sugar, then take your Turnsele, being well steeped in Sick, and crush it, and so Strain it into your Leach, and let it boil to such a thickness, that when it is cold you may slice it.

To make yellow Leach,

Your yellow Leach is just the same, but in stead of Turnsele, you must colour it with Saffron, and when it is boiled enough, then put in your Saffron, and not before, it must not boil in it.

To make a slipcoat Cheese.

Take five quarts of new Milk from the Cow, and one quart of water, and one spoonful of Runnel and stir it together, and let it stand till it doth come, then lay your Cheese-cloth into the Vate, and

N 2

take

take up your Curd as fast as you can
without breaking, and put into your
Vate, and let the Whay soak out
itself; when you have taken it all up
lay a cloth on the top of it, and one
pound wait for one hour, then lay
two pound weight for an hour more
then turn him when he hath stood
two hours, lay three pound on him
for an hour more, then take him out
of the Vate, and let him lie two or
three hours, and then salt him on
both sides, when he is salt enough take
a clean cloth and wipe him dry, then
let him lie a day or a night, then put
Nettles under and upon him, and
change them once a day, the Cheese
will come to his eating in eight or
nine daies.

To make Cheese Loaves.

Take the Curds of a tender new-
Milk Cheese, and let them be well
pressed from the Whay, and then
break them as small as you can pos-
sible, then take Crums of Manchet,
and

and yolks of eggs, with half the whites and some sweet Cream, and a little fine flower, mingle all these together, and make a paste of it, but not too stiff, then make them into little loaves and bake them, when they be baked cut off the tops and butter them, with Sugar, Nutmeg, and melted Butter, and put it in with a spoon, and stir it altogether, then lay on the tops and sear them with scraped Sugar.

How to make a very good Tansie.

Take fifteen Eggs, and six of the whites, beat them very well, then put in some Sugar and a little Sack, beat them again, then put about a pint or a little more of Cream, then beat them again, then put in the juice of Spinnage or of Primrose leaves, to make it green, then put in some more Sugar, if it be not sweet enough, then beat it again a little, and so let it stand till you fry it, when the first course is in, then fry it with a little sweet Butter, it must

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be stirred and fried very tender when it is fried enough, then put it in a dish, and strew some Sugar upon it, and serve it in.

To make black Tart stiffe.

To a dozen pound of Prunes take half a dozen of Maligo Raisins, wash and pick them clean, and put them into a pot of water, set them over the fire till all these are like pulpe, and stir them often least they burn too, then take them off, and let them be rubbed through a hair Sive hard with your hands, by little and little till all be through, then season them to your taite with scarced Ginger.

To make yellow Tart stiffe.

Take four and twenty Eggs, and beat them with Salt together, and put it into a quart of seething Milk, stirring it until it caudles, then take it off, and put it into a napkin, hanging it up till all the Whey be run through: when it is cold, take it and grind it in a stone mortter with Sack

tender Sack and Sugar, to your taste; and otherwise to make it look white, leave the yolks, and instead of Sack put in Rose-water.

To make a made Dish.

Take a quarter of a pound of Almonds, beat them small, and in the beating of them put in a little Rose-water to keep them from oyling, strain them into Cream, then take Artechoke bottoms and Marrow, and boil the redness of the Marrow out, then take a quart of Cream, and boil it with Dates, Rose-water and Sugar, and when it is boiled to a convenient thickness, take it off, and take your Artechoak and pare off the leaves and lay them into a dish, and some Marrow upon them, then pour some Cream upon them, then set it on coals till you serve it in.

A sauce for a Shoulder of Mutton.

Take a few Oysters, and some sweet hearbs, and an Onyon, and a pint of white Wine, and a little beaten Nutmeg, a little Salt, and a

large Mace a little Lemon pilled, and a little Sugar, a little leaker posset, if you have no Oysters take Capers in the room of them, and some gravy of the Mutton.

To fry Apple pies.

Take Apples and pare them, and chop them very small, beat in a little Cinnamon, a little Ginger, some Sugar, and a little Rose-water, take your paste, roul it thin, and make them up as big Pasties as you please to hold a spoonfull or a little lesse of your Apples, and so fry them with butter not too hastly, least they be burned.

To make Curd Cakes.

Take a pint of Curde, four Eggs, take out two of the whites, put in some Sugar, a little Nutmeg, and a little flower, stir them well together, and drop them in, and fry them with a little Butter.

To make Furmentie.

Take a quart of sweet Cream, two or three spriggs of Mace, and a Nutmeg

Nutmeg
Cream
French
washed
times,
it in
put it
well,
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Nutmeg cut in half put into your Cream, so let it boil, then take your French Barley or Rice, being first washed clean in fair water three times, and pickled clean, then boil it in sweet Milk till it be tender, then put it into your Cream, and boil it well, and when it hath boiled a good while, takes the yolk of six or seven Eggs, beat them very well, to thicken on a soft fire, boil it and stirre it, for it will quickly burn, when you think it is boiled enough, sweeten it to your taste, and so serve it in with Rose-water, and Musk Sugar, in the same manner you may make it with Wheat.

To make an Artechoak Pie.

Take the bottome of six Artechoaks, being boyled very tender, put them in a dish, and put some vinegar over them, season them with Ginger, and Sugar, a little Mace whole, putting them into a Pie, and when you lay them in, lay some Marrow and Dates sliced in and a

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few Raisins of the Sun in the bot-
tome, with good store of Butter,
so close the Pie, when it is half baken,
take a dish of Sack, being boiled first
with Sugar, and a pill of Orange,
put it in your Pie, and set it in the
Oven again till you use it:*

To make a Chicken Pie.

*Make your Paste with good store
of Butter, and yolks of Eggs, and
Sugar, then take six small Chickens
taking out the Breast-bone, and trus-
sing them round, take two Nutmegs
and a good quantity of Cinnamon,
and put it in in little pieces, take two
yolks of Eggs, and beat them with
six spoonfuls of verjuyce, then take
your juice and verjuyce, and a little
salt, stirre them well together, take
a good deal of Butter, and wet it in
the verjuyce, and put it in the bellies
of the chickens, so lay them in the Pie
with butter under them, then take
half a pound of Currans washed and
dryed,*

dried, so lay them on the top of the Chicken, with a piece of Marrow, Barberries, Grapes, and good store of Butter and Sugar, as will season it, a little before you draw out your Pie, put in Verjuice and Sugar boiled together.

To bake Beef like red Deer.

Take a pound of Beef, and slice it thin, and half a pint of good wine Vinegar, some three Cloves, and Mace above an ounce, three Nutmegs, pound them altogether, Pepper and Salt, according to your discretion, and a little Sugar, mix these together, take a pound and half of Suet shred, and beat it small in a morter, then lay a row of Suer, a row of Beef, strow your spices between every lane, then your Vinegar, so do till you have laid in all, then make it up, but first beat it close with a rouling pin, then pressie it a day before you put it in your paste.

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*To roast a Shoulder of Mutton with
Thyme.*

Draw your Shoulder of Mutton, and when it is half roasted save the gravy, and cut a good deal of the inside of it and mince it grosse, and boil it in a dish with the gravy, and Thyme, Claret wine, and sliced Nutmeg, and when your Shoulder is roasted, lay in the dish with sliced Lemon, but remember to scorch your Mutton in roasting, as you do when you boil it.

*To roast a Shoulder of Mutton with
Oysters.*

When you open the Oysters save the liquor, then season them with Pepper, and a little Cloves, and Mace, and Hearbs finely chopped, and the yolk of two or three Eggs chopped small and some Currans perboiled a little, then stufte your Shoulder of Mutton thick with your Oysters, then season it, and lay it to the fire, and roast it, then take the rest of your Oysters, and boil

boil them with a little white Wine, and some Butter, this is sauce for your shoulder of Mutton, when your Oysters are opened, you may par-boil them in their own liquor, then take them out and season them.

To make Angellets.

Take a quart of new milk, and a pint of Cream; and put them together with a little Runnet, when it is come well take it up with a spoon, and put it into the Vate softly, and let it stand two dayes, till it is pretty stiff, then slip it out and salt it a little at both ends, and when you think it is salt enough, set it a drying, and wipe them, and within a quarter of a year they will be ready to eat.

To make black Puddings.

Take your blood when it is warm put in some salt, and when it is thoroughly cold, put it in your groats well pickt, and let it stand soaking a night, put in the hearbs, which must

be Rosemary, large Savory, Pennyroyal, Thyme, and Fennel, then make it soft with putting of good Cream hot until the blcua look pale, then beat four or five Eggs, whire and all and mingle it, then season with Clove, Mace, Pepper, Fennel seeds, then put good store of Beef suet in your stuff, and mince your fat not too small.

To make white Puddings.

After the humbles are very tender boiled, take some of the livers with the hearts, and all the flesh and fat about them, picking from them all the sinewes, and skin, then chop the meat small as can be, then put to it a little of the Liver very finely searced, some grated bread searced, four or five yolks of Eggs, a pint of very good Cream, a spoonful or two of sack, a little Sugar, Cinnamon, Cloves and Mace, a little Nutmeg, a few Caraway seeds, a little Rose-water mingled with a good deal of swines fat, a little Salt, roul it in roules two hours before

before you go about it, let the fat side of the skin be turned and steeped in Rose-water till you fill them.

To make Almond Pudding.

Take a pound of Almonds blanched, and beat them very small with a little Rose-water, boil good milk with a flake of Mace, and a little sliced Nutmeg, when it is boiled, take it clean from the Spice, then take the quantity of a penny loaf, grate it, and searce it through a Cullender, and then put it into the Milk, and let it stand till it be pretty cool, then put in the Almonds, and five or six yolks of Eggs, and a little salt and sugar, what you think fit, and good store of Beef suet, and marrow very finely shred.

To make a Pudding to Bake.

Take a penny loaf, pare it, slice it in a quart of Cream, with a little Rose-

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Rose-water and break it very small
take three ounces of Jordand almond
blanch'd, and beaten small with
little Sugar, put in some eight Egg
beaten, a Marrow-bone, and two or
three pippins sliced thin, or any way
mingle these together and put In a
little Ambergriece if you please.

to make a boyld Pudding.

Take a pint of Cream, or Milk,
boyl it with a stick of Cinnamon a
little while, and take it off, and let it
stand till it be cold, put in six Eggs,
take out three whites beat your Eggs
a little before you put them into the
Milk, then stir them together, then
take a penny roul and slice it very
thin, and let it lie and soak, and then
bray it very small, then put In some
Sugar, and butter your cloth before
you put it in, it will take but a little
whille seething, and when you take it
up, melt a little fresh butter, and a
little Sack and Sugar, beat all these
toge-

together, and put it into the dish with your Pudding to be served in.

To make a Cream Pudding to be
boyled.

Take a pint and a half of thick Cream, and boil it with Mace, Ginger, and Nutmeg quartered, then put to it eight Eggs, with four whites beaten, and Almonds blancht a pound, and strained in with the Cream, a little Rose-water, and Sugar and a spoonful of flower scarfed very fine, then take a thick napkin, wet it, and rub it with flower, and tie the pudding up in it; boil it where Mutton is boyled, or in the Beef pot remember to take out the whole spice out of the Cream when it is boyled, the sauce for this pudding is a little sack, Sugar, and a pretty piece of butter, you must blanch some Almonds, when they are blanched, cut every Almond in three or four pieces the long way, and stick them up an end upon the pudding very thick.

To

To make a White-pot.

Take a pint and a half of Cream
 a quarter of a pound of Sugar, a little Rose-water a few Dates sliced, few Raisins of the Sun, six or seven Eggs, and a little large mace, a slice of pippin, or lemon, cut snippet fashion for your dishes you bake in, and dip them in Sack, or Rose-water.

To make a forced dish of any cold Meat.

Take any cold meat and shred it small, a little Cloves and Mace, and Nutmeg, and two yolkes of Eggs, a spoonful or two of Rose-water, a little grated bread, a little Beef suet shredded small, make it up in bals, or any fashion you please, and boil them in tried Suet between two earthen dishes, your suet must boll before you put in your meat, for sauce, a little Butter, Verjuyce, and Sugar.

TO

To make a forced dish of a Leg of Mutton or Lamb.

Take a Leg of Mutton, or Lamb cut out the flesh, and take heed you break not the skin of it, then parboil it, and mince it with a little beef suet, put into it a little sweet Herbs shred, three or four Dates sliced, a little beaten Nutmeg, Cloves, and Mace, a few Currans, a little Sugar, a little Verjuyce, three or four Eggs, mix them together, and put them in the skin, & let it in a dish, & bake it.

To boil a Calves head with Oysters.

Take the head, and boil it with Water and Salt, a little white wine or Verjuyce, and when it is almost enough, then cut some Oysters, and mingle them together, and a blade or two of Mace, a little Pepper, and Salt, and a little liquor of the Oysters, then put it together, and put it to the Calves head, and the largest Oysters upon it, and a slit Lemon, and Barberries, so serve it in.

To fry a Coast of Lamb. Onion
 Take a Coast of Lamb, and pa
 boil it, take out all the bones as ne
 as you can, and take some four Sugar
 five yolks of Eggs beaten, a litt
 Thyme and sweet Marjoram, and
 Parsly minced very small, and be
 it with the Eggs, and cut your Lamb them
 into square pieces, and dip them in half
 to the Eggs and Hearbs, and fry the li
 them with Butter, then take a litt Sack
 Butter, white wine, and Sugar for
 sauce.

To stew Saucesedges,
 Boil them in faire water and salt a
 little, for sauce boyl some Currans
 alone, when they be almost tender,
 then pour out the water, and put in
 a little white wine, Butter and Su
 gar.

To boil Ducks.
 when they be half boyled, take a
 quart of the liquor and strain it, and
 put a quart of white wine, and some
 whole Mace, Cloves, and Nutmegs
 sliced, and Cinnamon, and a few
 Oni.

Onions shred, a bundle of sweet
Hearbs, a few Capers, and a little
Samphire, when it is boyled, put some
Sugar to season it withall.

*To make white broth with a
Capon.*

Trusse your Capons, and boil
them in fair water, and when they are
half boiled, take out three pints of
the liquor, and put it to a quart of
Sack, and as much white Wine, and
slice two ounces of Dates half or
quarter wile as you please, a little
whole Mace, Cloves, and Cinnamon,
a Nutmeg shred, of each a little
quantity, boil the broth in a Pipkin
by it self, until the Dates begin to be
tender, then put in the marrow of
two bones, and let it boil a little not
too much, then when your Capons
be near ready, break twenty Eggs,
save the yolks from the whites, and
beat the yolks untill you may take
up a spoonfull and it will not
run beside the spoon, then you must
put a little cold broth to him, and
so

so st rain them through a cloth, then take up some of the hot broth to beat your Eggs, because else it will turn, let it have a walm or two after your Eggs be in, but not seeth too much for fear it turns, then dish your Campions, and pour your broth on them, and garnish your dish as you please.

To make Stewd Broth.

Take a neck of Mutton, or a rump of Beef, let it boil, and scum your pot clean, thicken your pot with grated bread, and put in some beaten spice, as Mace, Nutmegs, Cinnamon, and a little Pepper, put in a pound of Currans, a pound and a half of raisins of the Sun, two pound of prunes last of all, then when it is stewed, to season it with a quart of Claret and a pint of Sack, and some sanders to colour it, and a pound of Sugar to sweeten it, or more it need be, you must seeth some whole spice to garnish your dish withall, and a few

few whole Prunes out of your Pot.

*to make gallendine sauce for
a turkie.*

Take some Clarret wine, and some
grated bread, and a sprig of Rosema-
ry, a little beaten Cloves, a little
beaten Cinnamon, and some Sugar.

*An exceeding good way to stew
Chickens.*

Take Chickens, Hey them, and
cut them in pieces crossie-way, then
put them in a pipkin or skillet, and
cover them almost with pepper, and
Mace, and water, so let them stew,
softly with a whole Onion in it, till
part of the liquor be consumed,
then put in as much white Wine as
will cover them again, take Parsley
sweet Majoram, winter Savory, with
a little Thyme, and shred them very
small, and put them in, and let them
boil till they are almost enough then
put in a good piece of butter.

To boil a Leg Mutton.

Take a Leg of Mutton and stuff it for the Stuffing take a little Beef Suet and a few sweet Herbs, chop them small and stuff it, then boil it and put in a handful of sweet herbs cut them small. mingle a hard Egg amongst the herbs, and strew it upon the Mutton, melt a little Butter and Vinegar, and put it into the dish and send it in.

To keep Quinces all the year.

First you must core them, and take out the kernels clean, and keep the cores and kernels, and set over some water to boil them, then put them in when you set over the water, then let them boil till they be a little soft, and then take them up, and set them down till they be cold, then take the kernels and stamp them and put them into the same water they were boyled in, and let them boil till they be thick, see you have as much liquor as will cover the Quinces, and if you have not enough, take of

the

the smalleſt Quinces, and ſtamp them to make more liquor & when it is boyled good and thick, you muſt ſtrain it through a courſe cloth, and when the Quinces be cold, then put them into a pot, and the liquor alſo, and be ſure the liquor cover them, you muſt lay ſom weight upon them to keep them under, ſo cover them cloſe, let them ſtand fourteen dayes, and they will work of their own accord, and they will have a thick ſind upon them, and when they wax hoary or thick, then take it from the liquor, for it will have a ſkin on it within a month or ſix weeks.

To pickle Cucumbers.

Take the Cucumbers and wash them clean, and dry them clean in a cloth then take ſome water, Vinegar, Salt, Fennel tops, and ſome Dill tops, and a little Mace, make it faint enough and ſharpe enough to the taste then boyle it a while, and then take it off, and let it ſtand and be

O

cold,

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cold, then put in the Cucumber
and lay a board on the top to keep
them down, and tie them close, and
within a week they will be fit to eat.

To pickle Purflain.

Take the Purflain and pick it in
little pieces, and put it into a pot or
barrell; then take a little water, Vi-
negar, and Salt, to your taste, it must
be pretty strong of the Vinegar and
Salt, and a little Mace, and boil all
these together, and pour this liquor
in seething hot into the purflain, and
when it is cold tie it close, but lay a
little bord on the top to keep it down
and within a week or two it is fit to
eat.

*To do Clove Gillyflowers up for
Salting all the year.*

Take as many Clove-gillyflowers
as you please, slip off the leaves then
strow some Sugar in the bottom of
the Gallipot that you do them in,
and then a lane of Gillyflowers, and
then a lane of Sugar, and so do till

all the Gilliflowers be done, then pour some Clarret wine into them, as much as will cover them. then cut a piece of a thin board, and lay it on them to keep them down, then tie them close, and let them stand in the Sun, and let them stand a month, or thereabouts, but keep them from any rain or wet.

To pickle Broom buds.

Take as many Broom buds as you please, make linnen bags, and put them in and tie them close, then make some Brine with water and Salt, and boil it a little, let it be cold, then put some brin in a deep earthen pot, and put the bags in it, and lay some weight on them, let it lie there till it look black, then shift it again, so you must do as long as it looks black, you must boll them in a little caldron, and put them in Vinegar a week or two, and then they will be fit to eat.

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To pickle Oysters.

Take your Oysters and pick them
out of the shels, and save the liquor
that cometh from them, then take
your Oysters one by one, and wash
them clean out of grit, then strain
the liquor, and take a quantity of
white wine, and a large Mace or two,
and two or three slices of Nutmeg,
and Pepper grossly beaten, and salt
them, boil it together then put in
your Oysters and boil them, take
the yolk of an Egg, and beat it
well with white Vinegar, then take
up your Oysters and let them cool,
then put in your Egg, and let it boil,
take it off, and let it cool, and put it
up together.

To make Grout.

Take some Wheat and Bean, and
when you have made it into Malt,
then scald it, take some Water or
some small wort, and heat it scalding
hot, and put it into a pail, then stir
in the Malt, then take a piece of sour
Leaven

leaven and stir it about, and cover it, and let it stand till it will. Cream, then put in some Orange pills, then put it over the fire and boil it, keeping it stirring till all the white be gone.

To make Jelly of Marmalat.

Take Quinces and pare them, cut them into water in little pieces, and when you have done all, then take them out of the water, and weigh them, and to every pound of Quinces take five quarters of a pound of Sugar, and half a quarter, then put it into the skillet, and put as much water as will make it pretty thin, then set it on the fire, and clarifie it with the white of an egg, and scum it off clear, then put in your Quinces, and let it boyl a pretty space, and cover it close till it is pretty thick, then leave stirring it till it is thick enough for Marmalat, and take it off and put it in a glasse, and do it with your knife in little workes, when you have done, let it stand, your posnet must boyl all

the while, you must put in as much water as will make it pretty thin, when it is boiled to a pretty good colour, then stir it and weigh it, then take of loaf Sugar, as much as it weighs, and boil it all together to a jelly, then pour it in to your Marmalat glasse, then put it in a Rove, and put some fire in every day.

To make jelly of Pippins.

Take Pippins, pare, quarter and core them, lay them in water, and when you set them on the fire shift them in another water, and put them in a skillet, and put as much water as will cover them, and a little more, set them over the fire and make them boil as fast as you can, when the Apples are soft, and the liquor taste strong of the Apples, then take them off, and strain them through a piece of canvas gently, take to a pound of juice, a pound of Sugar, then set it on the fire, when it is

is melted, strain it into a Basin, and since your skillet again, set it on the fire, and when it is boiled up then scum it, and make it boil as fast as you can, and when it is almost boiled put in the juyce of three Lemons strained through a cloth, if you will have Orange pill pare it thin, that the white be not seen, and then lay it in the water all night, then boil them in the water till the pill be soft, then cut them in long pieces, then put it into the Sirup and stir it about, and fill your glasses, and let it stand till it be cold, and then it is ready to eat.

To prescribe green Walnuts.

Take Walnuts, and boil them till the water do taste bitter, then take them off, and put them in cold water, and pill off the bark, and weigh as much Sugar as they weigh, and a little more water then will wet the Sugar, set them on the fire, and when

they boil up take them off, and let them stand two dayes, and boil them again once more.

To preserve white Quince.

Take a pound of Quinces, boil them with the skin on, but core and pare them, take a quarter of a pound of Sugar, with water no more than will wet the Sugar, put the Quinces into it presently, boil them as fast as may be, and skin them, when the sirup is thick take it up.

To make Goosberry Tarts.

Take a pint of Goosberries, and put them into a quarter of a pound of Sugar, and two spoonfuls of water, and put them on the fire and stir them as you did the former.

To preserve Raspberries.

Take as many as you please, a lay of Sugar, and a lay of Raspberries, and so lay them into the skillet, and as much Sugar as you think will make Sirrup enough, and boil them, and

and put two spoonfuls of water in,
boosum it, take it off, and let it stand.

To preserve Currans.

Part them in the tops, lay a lane
of Currans, and a lane of Sugar, and
so boil them as fast as you do Ras-
berries, do not put in the spoon, but
scum them, boil them till the sirrup
be pretty thick, then take them off,
and let them stand till they be cold,
and then put them into a glass.

To preserve Mediers.

Take the juitt weight of Sugar as
they weigh, to a pound of Sugar put
a pint and half of water, scald them
as long as the skin will come off,
stone them at the head, put the water
to the Sugar, and boil it, and stirre it,
put in the Mediers, boil them a-
pace, let them stand till they be thick
then take them off.

To preserve Goosberries.

Take the fairest Goosberries you
can get with the stalks on, prick

thice or four holes in every one of them, then take the weight of them in Sugar, lay the best part of the Sugar in the bottom of a Silver or pewter dish, then lay your Goosberries one by one upon it, strew some of the rest of the Sugar upon them, and put two spoonfuls of the wa er into half a pound, then set the Goosberries on a chafing dish of Coales, and let them stand uncovered, scalding upon the fire a pretty while before they boil, but not too long, for then they will grow red, and when they be boiling, let them not boil too fast, when they be enough put them up, you must put the rest of the Sugar on them as they boil, and that will harden them and keep them from breaking.

To make Goosberry Cakes.

Frick as many Goosberries as you please, and put them into an earthen pitcher, and set it in a kettle of water, till they be soft, and then put them into

into a sieve, and let them stand till all the juice be out, and weigh the juice and as much Sugar as sirrupe, first boil the Sugar to a Candy and take it off, and put in the juyce, and set it on again till it be hot, and take it off, and set them in presse till they be dry, then they are ready.

To do Goosberries like Hops.

Take pricks of Blackthorn, then take Goosberries, and cut them a little a crosse, take out the stones put them upon the pricks, weigh as much Sugar as they weigh, and take a quart or a pint of water, and put into the Sugar, and let it boil a while, then put in the Hops, let them stand and scald two hours upon the coales till they be so't, then take out the Hops, and boil the sirrup a whille, then take it off, and put in the Hops.

To preserve Apricocks.

First stone them, and weigh them and take as much Sugar as Apricocks,

cocks, put in a bason, some in the bottome, and some on the top, let them stand all night, set them on the fire till they be scalding hot, then heat them twice more.

To make Apricock Cakes.

Take as many Apricocks as you please, and pare them, put as much Sugar as they weigh, take more water then will melt the Sugar, then boil the Sugar and it together, till they be pretty stiff, then take them off, and put them in saucers.

To make Mackeroon.

Take half a pound of Almonds, put them in water, stamp them small, put in some Rose-water, a good spoonful of flower, four Eggs, half a pound of Sugar, in the beating of the Eggs put in the Almonds, heat the Oven hot enough to bake a Custard, put them in, when you have taken them out, let them stand till they be cold, they must be baked in earthen pans round, and buttered very thin.

How

How to preserve white Damsons green.

Take white Damsons, scald them in water till they be hard, then take them off, and pick as many as you please take as much Sugar as they weigh, strew a little in the Bottome, put two or three spoonfuls of water, then put in the Damsons and the Sugar, and boil them, take them off, then let them stand a day or two then boil them again, take them off and let them stand till they be cold.

How to preserve Mulberries.

Take as many Mulberries as you please, and as much Sugar as they weigh : First wet the Sugar with some juyce of Mulberries, stir your, Sugar together then put in your Mulberries, then boil them apace, till you think they are boyled enough, then take them off, and boil he srrup a while, and put it into the Mulberries, let them stand till they be cold.

To

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To preserve Pippins white.

Take some Pippins and pare them and cut them the crosse way, and weigh them, add to a pound of Sugar, a pint of water, then put the Sugar to the water, and then let it boil a while, and then put in the Pippins, and let them boil till they be clear at the core, take them off, and put them up.

To make white Quince Cakes.

Scald Quinces, and let them stand till they be cold, but not seethed till they be tender enough, then take them off and pare them, then scrape off the softest, and do it through a sieve, and then weigh as much Sugar as it doth weigh, and beat it and stir it into the Quinces and stir it altogether, and set it on the coales and stir it about but let it not boil at all but let it stand and cool till it be pretty thick, then take it off, and put it in glasse saucers.

How

How to preserve Grapes.

Stamp and strain them, let it settle a while before you wet a pound of Sugar or Grapes with the juice, stone the Grapes save the liquor, in the stoning take off the stalks, give them a boilling, take them off, and put them up.

To preserve Damsons.

Take as many as you please, and weigh as much Sugar as they weigh and strew some on the botome, and some on the top, and you may wet the Sugar with some Sirrup of Damsons, and a little water then set them on the fire and let them stand and soak softly, about an hour, then take them off, and let them stand a day or two, then boil them up till you think they be enough, take them off and put them up.

To make Cakes of Lemons or Violets.

Take of the finest double refined Sugar beaten very fine, and sieved through fine tiffonie; and to half a silver porrenger of Sugar,

put

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put to it two spoonfuls of water, and
boil it till it be almost Sugar again,
then grate of the hardest rinded Le-
mon, then stir it into your Sugar,
put it into your coffins of paper, and
when they be cold take them off.

How to preserve Quinces red.

Take your Quinces and weigh
them to a pound put a pound of Su-
gar, and half a pint of water, pu-
your water to your sugar, and let it
stand, your Quinces must be scald-
ed till they be tender, take them off
pare them, and core them, but not
too much, then put them into the skil-
let where the Sugar is, then set them
on the fire, and let them boil two
hours, if it be not enough, boil it a
little more, pour it to the Quinces,
and stop it close.

To make Bisket Bread.

Take a pound and a half of white
loaf-Sugar, and so much flour, as
much Annise-seed, Coriander seed,
and

and Carraway seed as you please,
and twelve Eggs, three whites left
out, take the Sugar, and sift it fine,
and the Flower also, and beat your
Eggs a little, and mingle them well
together, with four spoonfuls of
Damask-Rose-water, beat them well
together, and put in two spoonfuls
more, and beat it again about an
hour and an half in all, then butter
plate trenchers, and fit them with
Ruffe, scrape some Sugar on them,
and blow it off again, heat your oven
hot enough to bake a pie, and let
the lid stand up a little while, to draw
down the heat from the top, then
take the lid down again, and let it
stand till it be cold, that you may
suffer your hand in the bottom, then
set in the plates, and set up the lid a-
gain until they rise, then take them
out, and loose them from the plates,
and scrape the bottoms, and let them
stand four hours, then they be fit to
eat.

How

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How to preserve Grapes so look cle[much a]
and green.

Take a pound of Grapes with stalkes on them, when they do begin to be ripe, then weigh as much double refined Sugar, beaten small, then take the Grapes that are weighed, stome them at the place where the stalks are, pull off the skin, and strain some sugar in the bottom of the thing you do them in, and so lay them in the Sugar you did weigh, till you have stoned and pilled them and so strew the Sugar upon them, and set them on the fire and let them boil as fast as can be till the sirrup be pretty thick, then take them off, and put them up untill they be cold.

How to candy Apricocks.

Take your Apricocks, the fairest, and scald them and pill them, between two clothes, crush the water softly out of them as dry as you can without too much flattening them, then take of Searced Sugar almost as much

much as they weigh, and boile it altogether to a candy height, then take it off the fire, and lay the Apricocks in it one by one, with a feather, anoint them over, then set them on a chafing-dish of coales, and let them be through sod but not boile, then take them off the fire, and set it on the stove or blood warm oven, and twice a day set them on a fire, and turn them once at every heating, annoiint them with a feather, and the same sirrupe every time you take them off the fire, this do untill you see the sirrupe begin to sparkle and be full of eyes, then take them out of the sirrup and lay them on glasse plates, and dry them in a Stove or Oven, turning them a day or two till they be dry : White Pear-plums may be done thus.

*How to make pastie of Goosberries, or
Barberries, or English Currans.*

Take any of these tender fruks and boll them softly on a chafing-dish of coales, then strain them with

with the pap of a rosted Apple, then
take as much Sugar as it weighes, and
boil it to a candy height, with a
much Rose-water as will melt the su-
gar, then put in the pap of your fru-
into the hot Sugar, and let it boil
leisurely, till you see it reasonable
stiff, almost as thick as for Marmale
then fashion it on a sheet of glaſe, and
so put it into the oven, upon two
blillets, that the glaſe may not touch
the bottom of the oven, for if it doe
will make the paste tough, and so let
it dry leisurely, and when it is dry you
may box it and keep it all the year.

How to make paste of Oranges and Lemons.

Take your Oranges and Lemons
and set on the fire two vefſels of fair
water at once, boil them, and then
ſhift the water ſeven times, that the
bitterneſſe may be taken from them,
and they very tender, then cut them
through the middeft, and take out the
kernels, and wring out all the water
from

from them, then beat them in an Alabaster mortar, with the pappes of three or four Pippins, then strain it through a fine strainer, then take as much sugar as that pap doth weigh, being boiled to a candy height, with as much Rose-water as will melt the sugar, then put the pap of your Oranges and Lemons into the hot sugar, and so let it boll leisurely with stirring, and when you set it Riff, as for Manchet, then fashion it on a sheet of glasse, and so set it in a Stove or Oven, and when it is throughly dry, box it for all the year.

How to make Paste Royal in Sauces.

Take Sugar, the quantity of four ounces, very finely beaten and searced, and put it into an ounce of Cinnamon and Ginger, and a grain of Musk, and so beat it into paste, with a little Gum-dragon steeped in Rose water, and when you have beaten it into paste in a stone morter, then coul

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toul it thin, and print it with ya
moulders, then dry it before the fire
and when it is dry box and keep it
the year.

How to candy Pears, Plums, or
Apricocks, that they shall look
as clear as Amber

Take your Apricocks and Plums
and give every one a cut to the stone
in the notch, and then cast Sugar
upon them, and bake them in an Oven
hot as for Manchet, close stopped
bake them in an earthen platter, let
them stand half an hour, then turn
them out of the dish, and lay them
one by one upon glasse plates, and
so dry them, if you can get glasses
made like Marmalat Boxes to lay o
ver them, they will be the sooner can
died : this is the manner to candy a
ny such fruit.

How to make Paste Royall white,
that you may make Court Boles,
Caps, Gloves, Shoes, or any
pretty thing in Moulds.

. Take half a pound of double re
fined,

fined Sugar, and beat it well, and
searce it through a fine Lawn, then
put it into a fine A'ablester morter,
with a little Gum-dragon steeped
in a little Rose-water, & one grain
of Musk, so beat it in a morter til
it comes to a pretty paste, then roul
it thin with a rouling-pln, and print
it with your moulders like Gloves,
Shooes, or any thing else, and some
you may roul very thin with a rou-
ling-pln, & let it dry in an ashen dish,
otherwise called a Court Cup, and
let it stand in the dish til it be dry,
and it will be like a saucer, you must
dry them on a board far from the
fire, but you must not put them in
an Oven: they will be dry in two
or three hours, and be as white as
snow, then you may guild Box and
Cap.

How to make fine Dyes-Bread

Take a pound of fine Flower
twice or thrice drest, and one pound
and a quarter of fine Sugar finely
beaten, and take seven new laid
Eggs

Eggs and put away the yolk of one of them, and beat them very well and put four or five spoonfuls of Rose-water amongst them, and then put them in an Alabaster or Marble mortar, & then put in the flower and Sugar by degrees, and beat it or pound it for the space of two hours, until it be perfectly white, and then put in an ounce of Caraway seed, then butter your plates or saucers, and put in of every one, and so put them into the Oven; if you will have it glasse and Ice on the top you must wash it with a feather, and then strew Sugar very finely beaten on the top, before you put it into the Oven.

How to preserve Apricocks.

Take your Apricocks and put them into a skillet of fair water and put them over the fire until they be something tender, then take them up out of the water, and take a bocklin and thrust out the stones,

the top, and then peel off their skins, and when you have done, put them into a silver dish, or bason, and lay Sugar very finely beaten over and under them, then put a spoonfull or two of water unto them, and set them over a very soft fire untill they be ready, then take them up, and lay them into another dish a cooling, and if you see good, boil the sirrup a little more, when they are cold, and the sirrup almost cold, put them up into a gally-pot or glasse together.

How to preserve Damsons.

Take a pound or something more of pure sugar finely beaten, and then take a pound of Damsons, and cut a scoteh in the side of each of them, and put a row of sugar on a silver dish or bason, & then lay in a row of plums, and then cover it with sugar, and so lay it in till they be all in, and then take two spoonfuls of clean water, and make a hole in the middle of

P

them

them, and set it over a soft fire and look to it carefully for fear the sugar should burn, and when the Sugar is all dissolved, shake them together, and stir them gently, and then set them down and cover them till they be cold, and when they be cold, set them upon the coales again, and then let them boil gently till they be ready, and when they are ready, take them down and take them every one by its stem, and cover them with the skins as well as you can, and then put them all one by one in a dish, and if the sirrup be not boiled enough, set it over and let it boil a little longer, and when the plums be cold, put them in a gally-pot, or glasse, and pour the sirrup to them while it is a little warm, you must not forget to take away the skin of the Plums as I reeke.

| How to make pay of Barley.

. Take Barly and boil it in fair water

water softly untill it begin to break
then putt that liquor out, then putt as
much hot liquor to it as you putt
forth, and so let it boile till it be very
soft, then putt it into a Cullender and
strain it, then take a handfull of Al-
monds, and grind them very well
with your barley and some of the li-
quor, so season it with sugar, and a
little Rose-water, a little whole Mace
and Cinnamon, and boile them well
together:

How to candy Oranges and Lemons.

Take the peels of your Oranges
and Lemons, the white cut away,
and lay them in water five or six
days, shifting them twice every day,
then seeth them till they be very ren-
der, then take them out of the water,
and let them lie till they be cold, then
cut them in small pieces square,
the bignesse of a penny or lesse, then
take to every three two oundes of su-
gar, putt to it a quantity of fair wa-

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ter, and a leſſe quantity of Rose-wa-
ter, and make a ſirrupe thereot, then
ſcum it very clean, and put in your
peels, and let them boil for the ſpace
of an hour, or longer, if you find
your liquor wanting you may put
in more water at your pleafure, then
boil them a little ſpace after with a
little sharp fire, stirring it alwaies
for burning, then take it off the fire
three or four times, stirring them all
the while, and ſet them on again un-
till they be candied.

How to make Cake of Almonds.

Take one pound and a half of
fine flower, of sugar twelve ounces
beaten very fine, mingle them well
together, then take half a pound of
Almonds, Blanch them, and grind
them fine in a mortar, then strain
them with as much ſack as will mi-
ngle the Flower, Sugar, and Almonds
together, make a paſte, bake them in
an Oven not too hot.

How

How to make white Lemon Cakes.

Take half a dozen of white Lemons the best you can get, then cut and pare them, leave none of the yellow behind, then take away the sour meat of it, and reserve all the white, and lay it in water two dayes, then seeth it in faire water til it be soft, then take it out and set it by till the water be gone from it, then weigh it, and take twice the weight in sugar, mince the white st. st. very fine, then take an earthen pipkin, and put therin some faire water, and some Rose-water, if you have a pound of Sugar, you must have half a pint of water, of both sorts alike, let your water and sugar boil together then scum it, and put in the stuffe, and so let them boil together, alway stirring it till it be thick, it will shew very thin, and when it is cold it will be thick enough.

To make Oyl of Violets:

Set the Violers in Salade oy'e,

P 3

and

and strain them, then put in other
fresh Violets, and let them lie twen-
ty dales, then strain them again, and
put in other fresh Violets, and let
them stand all the year.

To preserve Pomecitrons.

Take Pomecitrons and grate off
the upper skin, then slightly cut them
in picces as you think good, lay them
in water four and twenty hours, then
set over a posnet with fair water, and
when it boils put them in, and so shist
till you find the water to be not bitter
then take them up and weigh them,
and to every pound of Pomeckron
put a pound and a quarter of Sugar,
then take of your last water a pint &
quarter, set your water and Sugar
over the fire, then take two whisks
of Eggs and beat them with a little
fair water and when your sirrup be-
gins to boil, cast in the same that ri-
seth from the Eggs, and so let it boil,
then let it run through a clean fine
cloath, then put it in a clean Posnet,
and when your sirrup begins to boil

put

put In your Pomechtron and let it boil softly three or four hours, until you find your srrup thick enough, be sure you keep them always under srrupe, and never turn them, take them up and put them into your glasse and when they be cold cover them.

To Candie Ringus Roots.

Take your Ringus Roots and boil them reasonable tender, then peel them and pitch them, then lay them together, then take so much sugar as they weigh, and put it into a posnet with as much Rosewater as will melt it, then put in your Roots, and so let it boil very softly untill the Sugar be consumed into the Roots, then take them and turn them, and shake them till the Sugar be dried up, and then lay them a drying upon a lettice of wyer, until they be cold, in like sort you may candy any other Roots, which you please,

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To candie all kind of Fruityages, as
Oranges, Lemons, Citrons, Lentu-
stocks, the Sugar-candy, such as the
Comfit makers do candy the Fruitt
with.

Take one pound of refined Su-
gar, and put it into a posnet with as
much water as will wet it, and so
boil it till it come to a Candy height;
then take all your fruit being pre-
served & dried, then draw them through
your hot Sugar, and then lay them
on your hardle, and in one quarter
of an hour they will be finely candied.

To candy all kind of Flowers in wavy
of Spanish Candy.

Take double refined Sugar, put
it into a posnet with as much Rose-
water as will melt it, and put into it
the pap of halfe a roasted Apple, and
a grain of Musk, then let it boil till it
come to a Candy height, then put in
your flowers, being pick'd, and so
let it boil, then cast them on a fine
plate, and cut it in waves with your
knife,

knife, then you may spot it with gold and keep it.

To make Eſſings.

Take one peck of Oatmeal grout, the greatest you can get, and the whitest, pick it clean from the black, and scarce out all the smallcitt, then take as much evenings milk as will cover it, and something more, boil it and cool it again till it be blood warm, then put it to the Oatmeal, and let it soak all night, the next morning strain it from your milk as dry as you can through a cloath, then take three pints of good Cream, boil it with a Mace, and the yolks of eight Eggs, when it is boiled put it into your Ruffe, then put in fix Eggs more, whites and yolks season it with a good quantity of Cinnamon, Nutmeg, and Ginger, and a leſſe quantity of Cloves, and Mace, put in as much Sugar as you think will sweeten it, have a good store of Suet, shred

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small, and forget not Salt, so boil
them.

To make Sugar Cakes.

Take one pound of fine flower,
one pound of Sugar finely beaten
and mingle them well together, then
take seven or eight yolks of Eggs, and
if your Fower be good take one
white or two as you shall think good
take two Cloves, and a pretty piece
of Cinnamon, and lay it in a Spoon-
full of Rosewater all night, and heat
it almost bloud warm, temper it with
the rest of the stuffe, when the Paste is
made make it up with as much haste
as you can, bake them in a soft oven.

To make a Calves foot Pie.

Take your Calves feet, boil them
and blanch them, then boil them a-
gain till they be tender, then take out
all the bones, season it with Cloves,
Mace, Ginger, and Cinnamon, as
much as you shall think good, then
put in a good quantity of Currans
and

and Butter, bake your Pie in a soft oven, and when it is baked, take half a pint of white Wine Vinegar, beat three yolks of Eggs, and put to the coales, season it with sugar, and a little Rose-water, alwaies stirring it then put it into your Pie, and let it stand half a quarter of an hour.

How to make a very good Pie.

Take the backs of four white Herrings watered, the bones and skin taken away, then take so much Wardens in quantity pared and cored, half a pound of Raisins of the Sun, stoned, mince all these together, and season it with Cinnamon and Ginger, and when the Pie is baked, put in a little Rose-water, and scrape sugar on it, if you put in Butter, then put in a handful of grated Bread.

To make Cimbals.

Take fine Flower dried, and as much Sugar as Flower, then take as much whites of Eggs as will make

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make it paste, and put in a little Rose
water, then put in a quantity of Co-
riander seed, and Annise seed, then
mould it up in that fashion you will
bake it in.

How to preserve Angelica Roots.

Take the Roots and wash them,
then slice them very thin, and lay
them in water three or four dayes,
change the water every day then put
the roots in a pot of water, and let
them in the embers all night, in the
morning put away the water, then
take a pound of roots, four pints of
water, and two pound of Sugar, let it
boil and scum it clean, then put in the
roots, it will be boiled before the sir-
rup, then take them up, and boil the
sirrup after, they will ask you a whole
days work for they must boil very
softly; at S. Andrews time it is the
best time to do them In all the year.

To boil a Capon with Brewis.

Take a Capon and truss him

to boil, set them on the fire in a good quantity of water, scum it very clean before you set on your Capon, put a little winter Savoury and Thyme into the belly of it, and a little Salt and greate Pepper, when you have scummed it clean, cover it close to boil, then take a good handfull of hearbs, as Marigolds, Violet leaves, or any such green hearbs as you shall think fit, wash them and set them on the fire with some of the uppermost of the broth that boiles the Capon, then put into it good store of Mace, and boile it with the Capon, when the hearbs be boyled and the broth very green, and almost consumed away take the uppermost of your Capon, and strain it together, and scald your Brewis, and put it into a dish, and lay the Capon on them.

To make a Spice Cake.

Take one bushel of flower, six pound of Butter, eight pound of Cur-

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Currans, two pints of Cream a po-
ticle of Milk, half a pint of good Sack,
two pound of Sugar, two ounces of
Mace, one ounce of Nutmegs, one
ounce of Ginger, twelve yolkes, two
whites, take the Milk and Cream, and
stir it all the time that it boiles, put
your Butter into a Basin, and put
your hot seething milk to it, and melt
all the Butter in it, and when it is
bloud warm, temper the Cake; put
not your Currans in till you have
made the paste, you must have some
Ale-Yest, and forget not Salt.

To make Broth for a Neats-Tongue.

Take Claret Wine, grated Bread,
Currans, sweet Butter, Sugar, Cin-
namon, Ginger, boil them alto-
gether, then take the Neats-tongue, &
slice it, and lay it in a dish upon sips-
pers, and so serve it.

To souce a Carp or Gurnet.

Take fair Water and Vinegar,
so that it may be sharp, then take
Parsley,

Parsly, Thyme, Fennel, and boil them in the broth a good while, then put in a good quantity of Salt, and then put in your fish, and when it is well boiled, put the broth into a vessel and let it stand.

To make a fine Pudding.

Take Crums of white Bread, and so much fine Flower, then take the yolks of four Eggs, and one white, a good quantity of Sugar, take so much good Cream as will temper it as thick as you would make Pancake Batter, then butter your pan, and bake it, so serve it, casting some Sugar upon it, you must shred Suet very small, and put into it.

To make a broth to drink.

Take a Chicken and a little of the neck of Mutton, and set them on, and scum it well, then put In a large Mace, and so let it boll while the Chicken be tender, then take the Chicken out, and beat it all to pieces

pieces in a stone morter, and puri-
in again, and so let it boil from four
pints to a little more then half a pint
then cast it through a strainer, and
season it.

*To Boil a Chicken, Partridge, &
Python.*

Take your Chicken, and set it a
boiling with a little of the neck of
Mutton, and scum it well, then put
in a Mace, and so let it boil down,
and when it is almost boiled, have
some few herbs perboiled, as Let-
tice, Endive, Spinage, Marigold
leaves, for note, these Herbs are
usually used to be boiled, which by
course will hold their colour in boil-
ing, and put some of these aforesaid
herbs to the Chicken and Mutton, if
you think your broth strong enough,
take out your Mutton, then you
may put a little piece of sweet Butter
and a little Verjuice, and a very lit-
tle Sugar, and Salt, so serve it in with
Peppers.

A broth to drinke:

Take a Chicken, and set it on, and when it boils scum it, then put in a Mace, and a very little Oatmeal, and such Herbs as the party requires, and boil it well down, and bruise the Chicken, and put it in again, and it is a prety broth, and to alter it, you may put in half a dozen Prunes, and leave out the herbs, or put them in, so when it is well boyled strain it, and season it.

A broth to eat on fasting dayes.

Take fair water and set it a boiling, and when it boileth, put to it so much strained Oatmeal, as you think will thicken it, and a large Mace, a handfull of Raisins of the Sun, as many Prunes, and as many Currans, if your quantity require so boil it, and when it is boiled season it with salt and Sugar, and a piece of sweet butter, if the time will allow it, and for an alteration when this broth is boyled, put in a quantity of Cream,

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of Cream and it will do well.

To make Ponado.

The quantity you wil make set on
a Posnet of fair water, when it boile
put a Mace in, and a little piece
Cinnamon, and a handfull of Cu-
rans, and so much bread as you thin
meet, so boile it, and sea' on it with
sugar, and rose water and so serue.

To make a Caulde:

Take Ale, the quantity that you
meant to make, and set it on the fire,
and when it is ready to boil, scum it
very well then cast in a large Mace,
and take the yolks of two Eggs, for
one messse, or one draught; and beat
them well, and take away the skin of
the yolks, and then put them into the
Ale, when it seetheth, be sure to stir
them well till it seeth again for a
youngling, then let it boil awhile,
and put in your Sugar, and if it be
to eat cut three or four tofts of
bread

bread thin and toast them dry, but not brown, and put them to the Caudle, if to drink, put none.

To make Almond Butter.

Blanch your Almonds, and beat them as fine as you can with fair water, two or three hours, then strain them through a linnen cloth, boil them with Rose-water, whole Mace, and Annise seeds, till the substance be thick, spread it upon a fair cloth, draining the whey from it, after let it hang in the same cloth some few hours, then strain it, and season it with Rose-water and Sugar.

To stew beef.

Take a good Rump of Beef cut from the bones, shred Turnips and Carrots small, and Spinnage, and Lettice, put all in a pan, and let it stew four hours with so much water, and a quart of white Wine, as will cover it, when it is stewed enough, then put in a wine glassful of

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of Elder Vinegar, and serve it
with Sippets.

To souce a young Pig.

Take a young pig being scalded
boil it in fair water, and white
Wine, put thereto Bay leaves, whole
Ginger, and Nutmeg quartered,
a few whole Cloves, boil it through-
ly, and leave it in the same broth in
an earthen pot.

To boil Flounders, or Pickrels after
the French fashion.

Take a pint of white Wine, the
topps of young Thyme and Rosemi-
ry, a little whole Mace. a little whole
Pepper, seasoned with Verjulce, salt,
and a piece of sweet Butter, and so
serve it; this broth will serve to boil
fish twice or thrice in, or four times,

To make flesh of Apricocks.

Take Apricocks when they are
green and pare them, and slice them,
and take half their weight in Sugar,
put it to them, so put them in a
skillet, and as much water as you
think will melt the Sugar, so let them
boil

boil, and keep them stirring till they be tender, and so take them off, and scum them very clean, so put them forth of the skillet, and let them stand, take as much sugar as you had before, and boil them to a Candy height, and then put in your Apricocks, and set them over a soft fire, but let them not boil, so keep them with oft stirring, till the sirrup begin to jelly, then put them in glasses, and keep them for your use.

To make flesh of Quinces.

Take Quinces, pare them, and core them, and cut them in halves, boil them in a thin sirrup, till they be tender, then take them off, and let them lie in sirrup, then take Quinces, pare them, and quarter them, take out the cores, put as much water to them as will cover them, then boil them till they be very tender, and then strain out the liquor clean from them, and take unto a pint of

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that liquor a pound of Sugar; putt
much water to the sugar, as will me
it, then boil it to a candy height, then
stirre the Quinces that are in the犀
as thin as you can, when you Sug
is at a full Candy height, putt in
pint of the liquor, then set it over
soft fire, stirring it leisurely till the
Sugar be dissolved, then putt in half a
pound of your slices keeping it still
stirring, but not to boil you must
take the jelly of Quinces kernels that
have lain in Water two or three hours
take two good spoonfuls of it, and
put it to the flesh so keep it stirring
leisurely till it begin to jelly upon
the spoon, then putt it into thin gla
ses, and keep it in a stove.

To Preserve Oranges.

Take a pound of Oranges, and
a pound of Sugar, pull the outward
rind, and inward white skin off, take
juice of Oranges, putt them into the
juice, boil them half an hour, and
take them off.

To

To dry Cherries.

Take the fairest Cherries, stone them, take to six pound of Cherries a pound of sugar, put them into a skillet, straining the Sugar among them, as you put them in, then put as much water to them as will boil them, then set them upon a quick fire, let them boil up then take them off, and strain them very clean, put them into an earthen pan or pot, let them stand in the liquor four daies then take them up and lay them severally one by one upon silver or earthen dishes, set them in an oven after the bready is taken out, and so shift them every day upon dry dishes, and so till they be dry.

To dry Peaches.

Take Peaches and coddle them, take off the skins, stone them, take to four pound of Peaches, a pound of Sugar, then take a gally-pot and lay a lace of Peaches, and a lace of Sugar, till all be laid out, then put in half

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half a pint of water, so cover them close, and set them in embers to keep warm, so let them stand a night or a day, put them in a skillet, and set them on the fire to be scalding hot, then put them into your pot again, and let them stand four and twenty hours then scald them again, then take them out of your sirrup, and lay them on silver dishes to dry, you may dry them in an Oven when the bread is taken out, but to dry them in the Sun is better, you must turn them every day into clear dishes.

To boil Veal.

Take Veal and cut it in thin slices, and put it into a Pipkin with as much water as will cover it, then wash a handfull of Currans, and as much prunes, then take a Court roul, and cut it in long slices like Butchers skiver, then put in a little Mace, Pepper and salt, a piece of Butter, and a little Vinegar, some crumbs of bread, and when it hath
stewed

stewed two hours, take it up, and serve it.

To boil a Capon in white broth.

Truste a Capon to boil, and put it into a pipkin of water, and let it boil two hours, and when it is boild, take up a little of the broth, then take the yolks of Eggs, and beat them very fair with your broth that you take up, then set it by the fire to keep warm, season it with grated Nutmeg, Sugar, and Salt, then take up your Capon, and pour this broth on it with a little Sack, if you have it, garnish it with sippets, and serve it, remember to boil whole Mace with your Capon, and Marrow if you have it.

To boil a Capon or Chicken in white broth with Almonds.

Boil your Capon as in the other, then take almonds, and blanch them, and beat them very small, putting in sometimes some of your broth to keep them from oyling, when they are beaten small enough,

Q

put

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put as much of the uppermost bro
to them as will serve to cover the C
pon, then strain it, and wring out
substance clear, then season it as be
fore, and serve it with marrow on

How to boil Brawn.

Watēr your Brawn four & twen
ty hours, wash and scrape it four
five times, then take it out of the w
ater, and lay it on a fair table, then
throw a handfull of salt on every co
ler, then bind them up as fast as you
can with Hemp, Bass, or incle, then
put them into your kettle when the
water boileth, and when it boileth
scum it clean, let it boil untill it be
tender that you may thrust a straw
through it, then let it cool until the
next morning, by the souced meat
you may know how to souce it.

How to boil a Gammon of Bakon.

Watēr your Gammon of Bacon
twenty four hours, then put it into
deep kettle with some sweet hay, let

it boil softly six or seven hours, then take it up with a scummer and a platter, and take off the skin whole, then stick your Gammon full of Cloves, strew on some grosse Pepper, then cut your skin like sippets, and garnish your Gammon, and when you serve it, stick it with Bayes.

How to boil a Rabbet.

Fley and wash a Rabbet, and slig the hinder legs on both sides of the back bone, from the forward, and truss them to the body, set the head right up with a skiver, right down in the neck, then put it to boiling with as much water as will cover it, when it boiles scum it, season it with Mace, Ginger, Salt, and Butter, then take a handfull of Pattry, and a little Thyme, boil it by it self, then take it up, beat it with the back of a knife, then take up your Rabbet, and put it in a dish, then put your hearbs to your broth, and scrape in a Cartec root, let your broth boil a little

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while, put in Salt, pour it on your
Rabbit, and serve it.

How to boil a Mallard with a Cabbage.

Half roast your Fowl, then take off, and case it down, then put it into a Pipkin with the gravy, then pick and wash some Cabbage, and put to your Mallard, with as much fair water as will cover it, then put in good piece of Butter, and let it boil an hour, season it with Pepper and Salt, and serve it upon sops.

How to boil a Duck with Turnips.

Half roast her, then cover her with liquor, boil your Turnips by themselves, half an hour, then cut them in cakes, and put them to your Duck with Butter and Parsley chopt small, when it hath boiled half an hour, season it with Pepper and Salt, and serve it upon sops.

How to boil Chickens, and Sorel Sops

Trusse your Chickens, and boil them in water and Salt very tender, then

then take a good handful of Sorrel, and beat it stalks and all, then strain it, and take a Mancher, and cut it in sippets and dry them before the fire, then put your green broth upon the coles, season it with Sugar, and grated Nutmeg, and let it stand untill it be hot, then put your sippets into a dish, put your Chickens upon them, and pour sauce upon it, and serve it.

How to boil a Pike in white broth.

Cut your Pike in three pieces, and boil it with water and salt, and sweet hearbs, let it boil untill it stain, then take the yolks of half a dozen Eggs, and beat them with a little Sack, Sugar, melted butter, and some of the Pikes broth, then put it on the fire to keep it warm, but stir it often lest it curdle, then take up your Pike, &c put the head and tail together, then cleave the other pieces in two, take out the back bone, and put the one piece on the one side, and the other piece on the other side, but blanch

all, then pour on your white broth garnish your dish with sippets and boiled Parsly, and strew on poude of Ginger, and wipe the edge of the dish round, and serve it.

How to boyl divers kinds of Fishes.

Bat, Conger, Thornback, Plaice, Salmon, Trout, or Mullet, boil any of these with water, Salt, and sweet hearbs, when they boil scum it very clean then put in Vinegar, and let it boil till you think it is enough, your liquor must be very hot of the Salt, then take it off, you may let it stand five or six dayes in the liquor, then if you would keep it longer, pour that liquor away, and put wafer and Salt to it, or sauceing drink, you must remember to let your Muliets boil softly and your Thornback, and other fish very fast, you must blanch your Thornback while it is warm, and when you seive any of those fishes, strew on some green hearbs,

How

How to make a Sallet of all manner
of Hearbs.

Take your Hearbs, and pick them clean, and the flowers, wash them clean, and swing them in a strainer then put them into a dish, and mingle them with Cowcumbers, and Lemons sliced very thin, then scrape on Sugar, and put in Vinegar and Oil, then spread the floures on the top, garnish your dish with hard Eggs, and all sorts of your flowers, scrape on Sugar, and serve it.

How to stew Steaks between two dishes.

You must put Parsley, Currans, Butter, Verjulice, and two or three yolks of Eggs, Pepper, Cloves, and Mace, and so let them boil together and serve them upon sops; likewise you may do steakes of Mutton or Beef.

How to stew Calves feet.

Boil them and blanch them, cut them in two, and put them into a Pipkin with strong broth, then put

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in a little pouder of Saffron, a
sweet Butter, Pepper, Sugar, and
some sweet hearbs finely minced,
them stew an hour, put in Salt, and
serve them.

How to stew a Mallard.

Roast your Mallard half enough
then take it up, and cut it in little
pieces, then put it into a dish with
the gravy, and a piece of fresh But-
ter, and a handfull of Parsley chop
small, with two or three Onions, and
a Cabbage lettice, let them stew one
hour, then season it with Pepper, &
Salt, and a little Verjuice, then serve
it.

How to stew Trout's.

Draw your Trout's, and wash
them, and then put them into a dish
with white wine, and water, and a
piece of fresh Butter, then take a
handfull of Parsley, a little Thyme,
and a little Savoury, mince these
small and put to your Trout's with a
little Sugar, let them stew half an
hour, then mingle the yolks of two
eggs, and

or three hard Eggs, and strew them on your Trou's with Pepper and Salt, then let them stew a quarter of an hour, and serve them.

How to stew Smelts or Flounders.

Put your Smelts or Flounders into a deep dish with white Wine and Water, a little Rosemary and Thyme, a piece of fresh Butter, and some large Mace, and Salt, let them stew half an hour, then take a handfull of Parsley, and boil it, then beat it with the back of a knife, then take the yolkes of three or four Eggs, and beat them with some of your fish broth, then dish up your fish upon-sippets, pour on your sauce, scrape on Sugar, and serve it.

How to stew a Rabbet.

Half roast it then take it off the spit, and cut it in little pieces, and put it into a dish with the gravy, and as much liquor as will cover it, then put in a piece of fresh Butter, and some powder of Ginger, some Pepper and Salt, two or three Pippins

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minced small, let these stew an hour
then dish them upon sippets.*

How to stew a Pullet or Capon.

Half roast it, then cut it into pieces, put it into a dish with the gravy and put in a little Cloves and Mace, with a few Barberries or Grapes, put these to your pullet with a pint of Claret, and a piece of Butter, let these stew an hour, dish them upon sippets and serve it.

How to stew cold Chickins.

Cut them in pieces, put them into a Pipkin of strong broth, and a piece of Butter, then grate some bread and a Nutmeg, thicken your broth with it, season your meat with grosse Pepper, and Salt, dish it upon sippets, and serve it.

How to make Paste for a Pasty of Venison.

Take almost a peck of Flower, wet it with two pound of Butter, and as much Suet, then wet your pasty,

put in the yolks of eight or ten Eggs, make reasonable lithe paste, then roul it out and lay on Suet; first lay a paper under your paste, then lay on your Venison, close it, pink it, baste it with Butter, & bake it, when you draw it out, baste it with Butter agaln.

How to make Paste for a Pie to keep Long.

Your Flower must be of Rye, and your liquor nothing but boilling wa-
ter, make your paste as stiff as you
can, raise your Coffin very high, let
your bottome and sides be very thick,
and your lid also.

How to make Paste for a Custard.

Your liquor must be boiling wa-
ter, make your Paste very stiff, then
roul out your paste, and if you
would make a great Tart, then raise
it, and when you have done cut out
the bottome a little from the side,
then roul out a thin sheet of paste,
lay paper under it, strew flower
that it may not stick to it, then set
your

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your coffin on it, of what fashion
you will, then dry it, and fill it, and
bake it.

*How to make Paste for buttered
Loaves.*

Take a pottle of Flower put thereto
Ginger, and Nutmegs, then wet
it with Milk, yolks of Eggs, Yeast,
and Salt, then make it up into little
Loaves, then butter a paper, and put
the loaves on it, then bake them, and
when they are baked draw them
forth and cut them in Cakes, butter
them, then set them as they were,
scrape on Sugar, and serve them.

How to make paste for Dumplings.

Season your Flower with Pepper
SALT, and Yeast, let your water be
more then warm, then make them
up like Manchers, but let them be
somewhat little, then put them into
your water when it boileth, and let
them boile an hour, then butter
them.

To

To make Puffe-past

Take a quart of flower and a pound and a half of Butter, and work the half pound of Butter dry into the flower, then put three or four Eggs to it, and as much cold water as will make it lithe paste, then work it in a piece of a foot long, then strew a little flower on the table, and take it by the end, beat it untill in stretch long, then put the two ends together, and beat it again, and so do five or six times, then work it up round, and roul it out broad, then beat your pound of butter with a rouling pin, that it may be lithe, then take little bits of your butter, and stick it all over the paste, then fold up your paste close, and coast it down with your rouling pin, and roul it out again, and so do five or six times, then use it as you will.

To bake a Gammon of Bacon.

You must first boil it two hours before you stuff it, stuff it with sweet

sweet hearbs, and hard Eggs then
together with Parsley,

To bake fillets of Beef, or clops, instead of red Deer.

First take your Beef, and lard him very thick, then season it with Pepper, Salt, Ginger, Cloves and Mace, good Rose, with a great deal more Pepper and salt than you would to a peice of Venison, then close it and when it is baked, put in some Vinegar, Sugar, Cinnamon, and Ginger, and shake it well, then stop the vent hole, and let it stand three weeks before you spend it.

How to bake Calves feet.

Seal on them with Pepper, salt, and Currans, when they be baked, take the yolks of three or four Eggs, and beat them with Verjuyce, or Vinegar, sugar, and grated Nutmeg, put it into your Pie, scrape on sugar, and serve it.

How to bake a Turkey.

Take out his bones and guts, then

then wash him, then prick his back together again, then perboil him, season him with Pepper and Salt, stick some Cloves in the brest of him, then lard him, and put him into your coiffin, with butter, in this sort you may bake a Goose, Pheasant or Capon.

To bake a Hare.

Take out his bones, and beat the flesh in a morrer with the Liver, then season it with all sortes of splices, then work it up with three or four yolks of Eggs, then lay some of it all over the bottome of the pie, then lay on some Lard, and so do untill you have laid on all, then bake it well with good store of sweet Butter.

To bake Quinces or Wardens, so as the fruit look red, and the crust white.

Your Wardens must be stewed in a Pipkin with Claret Wine, Sugar, Cinnamon, and Cloves, then cover your Pipkin with a sheet of

of paste and let it stand in the oven
 five or six hours, then raise a Coffer
 full of short paste, put In your Way
 dene with Sugar, and put it into the
 Oven, when it hath stood an hour
 take it out and wash it with Rose
 water and butter, then scrape off
 sugar, and put it in a quarter of an
 hour more, and it will be red upon
 the top, then scrape on sugar and
 serve it.

To bake Chucks of Veal.

Perboil two pound of the lean
 flesh of a leg of Veal, mince it as
 small as grated bread, with four
 pound of Beet Suet, then season
 it with Biskay Dates, and Carra-
 ways, and some Rose water, Su-
 gar, Raisins of the Sunne and
 Currans, Cloves, Mace, Nutmeg,
 and Clanagan, then mingle them
 all together, fill your pies and beat
 them.

To bake a Chicken Pie.

Season your Chicken with Nut-
 meg,

raise a Cinnamon, Salt, Pepper, and Sugar, then
your Way put him into your coffin, then take
it into a good oven for an hour,
With Raisins, Scrape off a quarter of a
red upon sugar and
the lean
ince it is
th four
season
Carra-
, Su-
e and
nmeg,
them
beat

Tun-
eg,
eg,

some Marrow and season with the
same Spice, then roll it in yolks of
Eggs, and lay it on your Chicken,
with minced Dates, and good store
of butter, then bake it, and put in a
little Sack, or Muscadine, or white
wine and sugar, then shake it, scrape
on sugar, and serve it.

How to bake a Steak Pie.

Cut a neck of Mutton in Steaks,
beat them with a cleaver, season
them with Pepper, and Salt, and
Nutmeg, then lay them on your
coffin with Butter and large Mace,
then bake it, then take a good quan-
tity of Parsley, and boil it, beat it as
soft as the pulp of an Apple, put in a
quarter of a pint of Vinegar, and as
much white Wine, with a little Su-
gar, warm it well, and pour it over
your steaks, then shake it, that the
gravy and the liquor may mingle
together, scrape on sugar, and serve
it.

To

To make an Italian Pudding.

Take Manchet, and cut it bo
square pieces like a Die, then purr
it half a pound of Beef suet minceth
small, Raisins of the sun the ston and
picked out, Cloves, Mace, mlnce
Dates, sugar, Marrow, Rose-water
Eggs, and Cream, mingle all the
together, and put it into a dish & tak
for your Ruff, in iesse than an hou
it will be baked, then scrape on su
gar, and serve it.

How to make a Florentine.

Take the kidney of a Loin of
Veal, or the wing of a Capon, or
the leg of a Rabber, mince any of
these small with the Kidney of a
loin of Mutton, if it be not fat
nough, then season it with Cloves,
Mace, Nutmegs, and Sugar,
Cream, Currans, Eggs, and Rose
water, mingle these four together,
and put them into a dish between
two sheets of paste, then close it,
and cut the paste round by the
brim,

Pudding, brim of the dish, then cut it round
and cut it about like Virginal keyes, then
, then putt up one, and let the other lie;
suet mince then pink it, cake it, scrape on sugar,
in the ston and serve it.

To roast a Breast of Veal.

Rose-wax Take Paissly, and Thyme, wash
gle all the them, and chop them small, then
to a dish take the yolks of five or six Eggs,
an an hou grated bread, and Cream, mingle
ape on su them together, with Cloves, Mace,
Nutmeg, Currans, and Sugar, then
raise up the skin of the Breast of
Veal, and put in your stufse, prick
it up close with a skiver, then roast
it, and baste it with butter, when it
is roasted, wring on the juice of
Lemon, and serve it.

To roast a Hare.

Cloves, Case your Hare, but cut not off
Sugar, her eares, nor her leggs, then wash
d Rose- her, and dry her with a cloth, then
gether, make a pudding and put into her
between belly, then sow it up close, then
ose it, trusse her as if she were running,
by the then split her, then take some Claret
orlme, Wine,

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Wine and grated bread, sugar, and y
ginger, barberries, and butter, b
thele together for your sauce.

To roast a Soulier of Mutton.

Roast it with a quick fire, that the fat may drop away, and when you think it is half roasted, set a dish under it, and flesh it with a knife across as you do Pork, but you must cut it down to the bone on both the sides, till the gravy run into the dish, baste it no more after you have cut it, put unto the gravy half a pint of white Wine Vinegar, a handful of Capers and Olives, five or six blades of Mace, and a handful of Sugar, and stew all these together and pour it on your meat.

To roast a Neats-tongue.

Boil him, and blanch him, cut out the meat at the butt end, and mingle it with Beet suet as much as an Egg, then season it with Nutmeg, and Sugar, Dates, Currans, and

and yolks of raw Eggs, then put your meat to your Tongue, and bind it with a Caul of Veal or Mutton, then roast it, baste it with butter, save the gravy, and put thereto a little Sack or Muscadine, let it stew a little while, then pour it on your Tongue, and serve it.

How to roast a Pig with a Pudding in his belly.

Fley a fat Pig, trusse his head looking over his back, then temper as much stufse as you think will fill his belly, then put it into your Pig, and prick it up close, when it is almost roasted, wring on the juyce of a Lemon, when you are ready to take it up, take four or five yolks of Eggs, and wash your Pig all over, mingle your bread with a little Nutmeg, and Ginger, then dry it, and take it up as fast as you can, let your sauce, be Vinegar, butter, and sugar, the yolk of a hard Egg minced, and serve it hot.

How

How to roast a leg of Mutton.

Cut holes in a Leg of Mutton with a knife, then thrust in slices of Kidney suet, and stick it with Cloves, roast it with a quick fire when it is half roasted, cut off a piece underneath and cut it into thin slices, then take a pint of great Oysters with the liquor, three or four blades of Mace; a little Vinegar and Sugar, stew these till the liquor be half consumed, then dish up your Mutton, pour on the sauce and serve it.

How to roast a Neck of Mutton.

Cut away the swag, and roast it with a quick fire, but scorch it not, baste it with butter a quarter of an hour, after wring on the juice of half a Lemon save the gravy, then baste it with butter again, wring on the other half of the Lemon, when it is roasted dry it with Mincet and grated Nutmeg, then dish it, and pour on your sauce.

To roast a Soulder or Haunch of Venison, or a Chine of Mutton.

Take any of the meats and lard quick fire them, prick them with Rosemary, cut off paste them with butter, then take half a pint of Claret Wine, Cinnamon, Ginger, Sugar, grated bread, Rosemary, and butter, let all these boil together until it be as thick as water-gruel, then put in a little Rose-water and Musk, it wil make your Gallantine taste very pleasantly put it on a fitting dish, draw off your meat, and lay it into that dish, shrew it with salt.

To roast a Shoulder or Fillet of Veal.

Take Parsly, winter Savory, and Thyme, mince these small with hard Eggs, season it with Nutmeg, Pepper, Currans, work these together with raw yolks of Eggs, then stufse your meat with this, roast it with a quick fire, baste it with Butter, when it is roasted, take the gravy and put thereto

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thereto Vinegar, Sugar, and Burnt
let it boil, when your meat is roa-
ed pour this sauce on it, and let
it.

To roast a Gigget of Mutton.

Take your Gigget with Cloves
and Rosemary, and lard it, roast
baste it with Butter, and save the
gravy, put thereto some Claret
Wine, with a handful of Capers
season it with Ginger and Sugar,
when it is boiled well, dish up your
Gigget, and pour on your sauce.

To fry a Chicken.

Boil your Chickens in water and
salt, then quarter them into a pan
with sweet Butter, and let them fry
leisurely, then put thereto a little
Verjuyce, and Nutmeg, Canna-
mon and Ginger, the yolks of two
or three raw Eggs, stir these well to-
gether, and dish up your Chickens,
pour the sauce upon them.

How

How to fry Calves feet.

Boil them, and blanch them, then cut them in two, then take good store of Parsly, put thereto some yolks of Eggs, season it with Nutmeg, Sugar, Pepper, and Salt, then roul your Calves-feet in them and fry them with sweet Butter, then boil some Parsly, and beat it very tender, put to it Vinegar, Butter, and Sugar, heat it hot, then dish up your feet upon sippets, pour on your sauce, scrape on some Sugar, and serve it hot.

How to fry Tongues.

Boile them, and blanch them, cut them in thin slices, season them with Nutmeg, Sugar, Cinnamon, & Salt, then put thereto the yolks of raw Eggs, the coar of a Lemon cut in square pieces like a Die, then fry them in spoonfuls with sweet Butter, let your sauce be white Wine, Sugar, and Butter, heat it hot, and pour it on your Tongues, scrape on Sugar, and serve it.

R

Heg

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How to make Fritters.

Make your Batter with Ale, Egg
and Yeast, season it with Milk, Clo
Mace, Cinnamon, Nutmeg, & Si
cut your Apples like Beanes, then
put your Apples and Butter together
fry them in boiling Lard, strew
Sugar and serve them.

To souce Brawn.

Take up you Brawn while it is
hot out of your boiler, then cover
it with Salt, when it hath stood one
hour, turn the end that was under
upward, then stew on Salt upon the
then boil your soucing drink, and
put thereto a good deal of Salt, when
it is cold put in your Brawn, where
the Salt that is about it, & let it stan
ten daies, then change your souching
drink, and as you change it put in
Salt, when you spend it, if it be too
salt, charge it in fresh drink.

To souce a Pig.

Cut off the head, and cut your Pig

into two steaks, and take out the bones then take a handful of sweet Hearbs, and mince them small, then season your Pig and Hearbs with Nutmeg, Ginger, Cloves, Mace, and Salt, then strew your hearbs in the inside of your Pig, then roul them up like two Collers of Brawn, then bind them in a cloth fast, then put them a boiling in the boilingpot, put in some Vinegar and Salt, when they are boiled very tender, take them off let them stand in the same liquor two or three dayes, then put them into soucing drink, and serv^o it with Mustard and Sugar.

How to sauce Ecles.

Tak^e two fair Ecles and fley them, cut them down the back, and take out the bones, and take good store of Parsly, Thyme, and sweet Majoram, mince them small, season them with Nutmeg, Ginger, Pepper, and Salt, strew your hearbs in the inside of your Ecles,

R^g the^o

then roul them up like a Coller
Brawn, put them into a cloth, and
boil them tender with Salt and Vi-
negar, when they are boiled then roul
them up, let it be in the pickle two
three dayes, and then spend them.

How to souce a Breast of Veal.

Take out the bones of a Breast
of Veal, & lay it in water ten or twelve
hours, then take all manner of sweet
herbs and mince them small, then
take a Lemon, & cut it in thin slices
then lay it with your Herbs in the
inside of your Breast of Veal, then
roul it up like a Coller, and bind
it in a cloth, and boil it very tender,
then put it into saucing drink and
spend it.

To souce a trench or Barbell:

First cut them down the back
then wash them, then put them
boyleing in no more water then will
cover them, when they boyle
put in some Salt and Vinegar,

Scum

scum it very clean, when it is boiled enough take it up, and put it into a dish fit for the fish, then take out the bones, pour on as much liquor as will cover it, with grated Nutmeg, and pouder of Cinnamon, when it is cold serve it.

To souce a Fillet of Veal.

Take a fair Fillet of Veal, and lard it very thick, but take out the bones, season it with Nutmeg, Ginger, Pepper, and Salt, then roult it up hard, let your liquor be the one half white Wine, the other half Water, when your liquor boileth put in your meat, with Salt, and Vinegar, and the peel of a Lemon, then scum it very clean, let it boil until it be tender, then take it not up until it be cold, and souce it in the same liquor.

To marble Beef, Mutton, or Venison.

Sick any of these with Rosemary and Cloves, then roast it, being first joynted very well, then baste

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It often with Water and Salt, and when it is thoroughly roasted, take liquor it up and let it cool, then take Claret wine, and Vinegar, and a much Water, boil it with Rosemary, Bayes good store of Pepper, Cloves, Salt, when it hath boiled an hour, take it off, and let it cool, then put your meat into a Vessel, and cover it with this liquor and Herbs, then stop it up close, the closer you stop it, the longer it will keep.

To marble Fish.

Take Flounders, Trouts, Smelts, or Salmonds, Mullets, Makrels, or any kind of shell Fish, wash them and dry them with a cloth, then fry them with Sallade Oyle, or clarified Butter, fry them very crispe, then make your pickle with Claret Wine and fair Water, some Rosemary, and Thyme, with Nutmegs cut in slices, and Pepper, and Salt, when it hath boiled half an hour take it off, and let it cool, then put your

Delight. 111

and Salt, and your fish into a Vessel, cover it with
oasted, taking liquor and spice, and stop it close.

How to make a Tart of Wardens.

You must first bake your Wardens
in a pot, then cut them in quarters,
and core them, then put them into
your Tart, with sugar, Cinnamon,
and Ginger, then close up your Tart
and when it is almost baked, do it as
your Wardon Pie, scrape on sugar,
and serve it.

To make a Tart of green Pease.

Take green Pease and seeth them
tender, then pour them out into a
Cullender, season them with Saffron,
Salt, and sweet Butter, and sugar,
then close it, then bake it almost
an hour, then draw it forth and ice
it, put in a little Verjuice and shake
it well, then scrape on sugar and serve
it,

How to make a Tart of Rice.

Boil your Rice, and pour into a
cullender, then season it with cinnam.
on, Nutmeg, Ginger, and Pep-

per, and Sugar; the yolks of three, with
four Eggs, then put it into your Tart
with the juyce of an Orange, bake
then close it, bake it, & ice it, scrape Sug-
on Sugar, and serve it.

How to make a Tart of Medlers.

Take Medlers that are rotten, the
scrape them, then set them upon
Chafingdish of coals, season them
with the yolks of Eggs, Sugar, Cinnam-
mon, and Ginger, let it boil well,
and lay it on paste, scrape on Sugar,
and serve it.

How to make a Tart of Cherries.

Take out the stones, and lay the
Cherries into your Tart, with Su-
gar, Ginger, and Cinnamon, then
close your Tart, bake it, and ice it,
then make a sirrup of Muskadine,
and Damask water, and pour this
into your Tart, scrape on Sugar,
and serve it.

How to make a Tart of Strawberries.

Wash your Strawberries, and put
them into your Tart, season them
with

cks of three, with Sugar, Cinnamon, Ginger, and it into you a little red Wine, then close it, and an Orange, bake it half an hour, ice it, scrape on ice it, scrape Sugar, and serve it.

To make a Tart of Hips.

Take Hips, and cut them, and take out the seeds very clean, then wash them, season them with Sugar, Cinnamon, and Ginger, then close your Tart, bake it, ice it, scrape on Sugar, and serve it,

How to make a Pippin Tart.

Take fair Pippins and pare them, then cut them in quarters and core them, then stew them with Claret Wine, Cinnamon, and Ginger, let them stew half an hour, then pour them out into a cullender, but break them not, when they are cold, lay them one by one into the Tart, then lay on Sugar, bake it, ice it, scrape on sugar, and serve it.

How to scald Milk after the Western
fashion.

When you bring your Milk from
the Cow, strain it into an earthen
pan, and let it stand two hours, then
set it over the fire until it begin to
heave in the middle, then take it off,
but jog it as little as you can, then
put it into a room where it may cool
and no dust fall into it, this Milk or
Cream you may keep two or three
daies.

To make a Juncet.

Take Ewes or Goats Milk, if you
have neither of these, then take Cows
Milk, & put it over the fire to warm,
then put in a little Runnet to it, then
pour it out into a dish and let it cool,
then strew on Cinnamon, & Sugar,
then take some of your aforesaid
Cream & lay on it, scrape on Sugar,
and serve it.

To make Bony Clutter.

Take Milk, and put it into an
earthen pot, and putt thereto Run-
net,

let it stand two dales, it will be
all in a curd, then season it with some
sugar, Cinnamon, and Cream, then
serve it, this is best in the hottest of
the summer.

To make a Whitepot.

Take a quart of Cream, and put
it over the fire to boil, season it with
sugar, Nutmeg, and Cinnamon,
Sack, and Rose-water, the yolks of
seven or eight Eggs, beat your Egg,
with Sack and Rose-water, then put
It into your Cream, stir It that it
curdle not, then pare two or three
Pippens; coar and quarter them, and
boil them with a handful of Raisins
of the Sun, boil them tender, and
pour them into a cullender, then
cut some sippets very thin, and lay
some of them in the bottome of the
dish, and lay on half your Apples,
& Currens then pour in half your
Milk, then lay on more sippets and
the rest of your Apples, and Raisins,
then pour on the rest of your Milk,
bake it, scrape on sugar, and serve it

{How

TO A True Gentlewoman

How to make a Pudding in haste.

Take a pint of Milk, and put thereto a handful of Raisins of to Sun, and as many Currans, and a piece of Butter, then grate a Manchet and Nutmeg also, and put thereto a little Flower, when your milk boileth put in your bread, let it boil a quarter of an hour, and put In a piece of Butter in the boiling of it, and stir it always, then dish it up pour on butter, and serve it.

To make a Pudding in a dish.

Take a quart of Cream, put thereto a pound of Beef suet minced small, put it to your Milk, season it with Nutmeg, Sugar, and Rose-water, and Cinnamon, then take some seven or eight Eggs, and beat them very well, then take a cast of Manchets, and grate them, and put unto it, then mingle these together well, then put it into a dish

dish, and bake it, when it is baked
scrape on Sugar, and serve it.

To boil Cream.

Take a quart of Cream, and set
it a boiling with Mace, whilst your
Cream is boiling, cut some thin sipp-
pers, then take seven or eight yolkes
of Eggs, beat them with Rose-water
and sugar, and a little of your Cream
when your Cream boileth, take it off
the fire, and put in your Eggs, and
stir it very fast that it curdle not, then
put your sippers into the dish, pour
in your Cream, and let it cool, when
it is cold, scrape on sugar & serve it.

To draw Butter.

Take your Butter, and cut it into
thin slices, put it into a dish, then
put it upon the coales where it may
melt leisurly, stir it often, and when
it is melted, put in two or three
spoonfuls of Water, or Vinegar,
which you will, then stir and beat it
until it be thick.

Lady

Lady of Arundel's Mancher.

Take a bushell of fine wheat flower, twenty Eggs, three pound of fresh butter, then take as much Salt and Barra as to the ordinary Mancher, temper it together with new milk pretty hot, then let it lie the space of half an hour to rise, so you may work it up into bread, and bake it, let not your Oven be too hot.

To boil Pigeons.

Boil them in water and salt, take a handful of Parsly, as much Thyme ffrlpt, two spoonfuls of Capers minced altogether, and boil it in a pint of the said Liquor a quarter of an hour, then put in two or three spoonfuls of Verjuyce, two Eggs beaten, let it boil a little, and put to a little Butter, when you have taken it off the fire, stir this altogether, and pour it upon the Pigeons, with sippets round the dish.

A Florentine

A Florentine of sweet bread or Kidneys.

Parboll three or four Kidnies, and mince them small, season them with Nutmeg, one stick of Cinnamon, beat as much Sugar, as will sweeten it, and a penny loaf grated, and the marrow of three bones in good pieces, and a quarter of a pound of Almond p̄ſte, a glaſſe of Maligo Sack, two ſpoonfuls of Rose-water, a grain of Musk, and one grain of Ambergreſce, and a quarter of a pint of Cream, three or four Eggs, and mix it altogether, and make it up in pufle palte, and bake it three quarters of an hour.

A Pork Pie.

Boll your leg of Pork, ſeaſon it with Nutmeg, and Pepper, and Salt, bake it five hours in a high round Pie

A Cicken Pie.

Scald and ſeaſon your Chickens with Nutmegs, as much Sugar as Cin-

Cinnamon, Pepper and Salt, whe
put them in your Pie, then put three
quarters of quartered Lettice, and
six Dates quartered, and a handful
of Goosberries, and half a sliced Le-
mon, and three or four branches of
Barberries, and a little Butter, you
may use to four Chickens three mar-
row bones rould in yolks of Eggs,
and Ringo roots, and some preser-
ved Lettice, make a Caudle, and
put in when the pie comes out of the
oven, an hour and a half is enough
to stand in the oven.

A Lamb Pie.

Take the same ingredients you
did for the Chicken Pie, onely leave
out the Marrow, the Ringo roots,
and the preserved Lettice, make your
Caudle of white Wine, Verjuyce
and Butter, put it in when the Pie
comes out of the oven.

Sauce for a Shoulder of Mutton.

Take a spoonfull of Hearbs, and
as many Capers, half a pint of white
Wine, half a Nutmeg, and two Eggs,

when

when it is boiled put a piece of Butter to the gravy, when tis boiled, take it off, and put the Butter in.

A Lumber Pie.

Take three or four sweet-breads, of Veal, parboil and mince them, very small, then take the Curd of a quart of Milk, turned with three Eggs, half a pound of Almonds paste, and a penny loaf grated, mingle these together, then take a spoonfull of sweet Herbs minced, very small, also six ounces of Oringado and mince it, then season all this with a quartern of Sugar, and three Nutmegs, then take five Dates, and a quarter of a pint of Cream, four yolkes of Eggs, three spoonfulls of Rose-water, three or four Marrowbones, mingle all these together, except the Marrow, then make it up in long Boles, about the bignesse of an Egg, and in every hole put a good piece of Marrow, put these into the Pie, then put a quarter of a pound of butter and half a sliced Lemon, then make

make a caudle of white wine, Sugar, the me
and verjuyce, put it in when you take
your pie out of the Oven, you may
use a grain of Musk & Ambergriecummegs.

An Oyster Pie.

Season your Oysters with Nutmegs,
Pepper, & Salt, & sweet hearbs, sic
your Oysters being first thrown into a
scalding water and parboiled, season qua
them, and put them into the Pie, put half
two or three blades of Mace, and half a
sliced Lemon, and the Marrow of
two bones rouled in the yolks of Eggs
and some Butter, then let your pie
stand almost an hour in the Oven,
then make a candle of Verjuyce But
ter and sugar, put it into your pie,
when you take it out of the Oven,
you may use two Nutmegs to one
quart of Oysters, and as much Pep
per as the quantity of three Nutmegs
but lesse salt, and one spoonfull of
sweet hearbs.

A Hartechoke Pie.

Take the bottoms of boiled Har
techokes, and quarter them, and take
the

wine, Sugar, the meat from the leaves, season it
when you take half an ounce of Cinnamon,
Nutmegs, you may have half an ounce of beaten Nut-
mbergriecmegs, and two ounces of Sugar, and
put them into your pie, and boiled
with Nut Marrow round in yolks of Eggs, and
sweet herbs, six blades of large Mace, Lemon
browned into sliced, six quartered Dates ; and a
quarter of a pound of Ringo-roots,
the Pie, put half a pound of fresh Butter, then
and half let it stand in the Oven one hour, &
Marrow of when you take it out put a candle
of Eggs into your pie, made of white wine,
your pie, Sugar, and Verjuyce.

Oven,

ice But-
our pie,

Oven,

to one

Pep-

megs

full of

Flax-

take

the

A Calves-foot Pie.

Mince your Calves-foot very
small; then season them with two
Nutmegs, and three quarters of an
ounce of Cinnamon, one quarter of
a pound of Sugar, half a pound of
Currans, two Lemon pills minced,
ten Dates minced, three spoonfuls of
Rose-water, and half a pound of
fresh Butter, bake it an hour, and
put

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put a caudle into it, made of white
Wine, Sugar, and Verjuyce.*

A Skerrit Pie.

Takē a quarter of a peck of Skerrets blanched, and sliced, season them with three Nutmegs, and an ounce of Cinnamon, and three ounces of Sugar, and ten quartered Dates, and the Marrow of three bones rouled in yolks of Eggs, and one quarter of a pound of Ringeroots, and preserved Lettice, sliced Lemon, four blades of Mace, three or four branches of preserved Barberries, and half a pound of Butter; then let it stand one hour in the Oven, then put a caudle made of white wine, verjuyce, butter, and sugar, put it into the pie when it comes out of the Oven.

A Calves head Pie for Supper.

Boil your Calves-head almost enough, cut it in thin slices all from the

the bone, season it with three beaten Nutmegs, a quarter of an ounce of Pepper, and as much Salt as there is seasoning, then take a spoonful of sweet Herbs minced small, and two spoonfulls of Sugar, and two or three Hartechoak bottomes boiled, and cut them in thin slices and the Marrow of two bones rouled in yolks of Eggs, a quarter of a pound of Ringo roots, and a quarter of a pound of Currans, then put it into your pie, and put a quarter of a pound of butter, and a sliced Lemon, three or four blades of Mace, three or four quartered Dates, let it stand an hour & more in the oven, then when you take it out, put into it a caudle, made of Sugar, white Wine, Verjuice & Butter.

A Lark Pie

Take three dozen of Larks, season them with Nutmegs, and half an ounce of Pepper, a quarter of an ounce of Mace beaten, then take the

Lum-

Lumber pie meat, and fill their bellies, If you will, if not, take half a pound of Suet, and one pound of Mutton minced, half a pound of Raisins, of the Sun, and six Apples minced altogether very small, then season it with a Nutmeg, Pepper, and Salt, and one spoonful of Sweet Hearbs, and a Lemon peel minced, one penny loaf grated, a quarter of a pint of Cream, two or three spoonfuls of Rose-water, three spoonfuls of Sugar, one or two spoonfuls of Verjuice, then make this in boles and put it in three bellies, and put your Larkes in your pie, then put your Marrow rould in yolks of Eggs upon the Larks, and large Mace, and sliced Lemon, and fresh Butter, let it stand in the oven an hour, when you take it out, make your caudle of Butter Sugar, and white wine Vinegar, put it into the Pie,

A hot Neats Tongue for Supper.

Boil your tongue till it be tender, blanch it, and cut it in thin pieces, season it with a Nutmeg, and a quarter of an ounce of Pepper, & as much small, salt as seasoning, then take six ounces of Currans, season all together, and put it into the Pie, then put a Lemon sliced, and Dates, and Butter, then bake it, and let it stand an hour and a half, then make a Caudle of white Wine, and Verjuyce, Sugar, and Eggs, and put it in when you take it out of the Oven.

A cold Neats-tongue Pie.

Your tongue being boiled, blanched, and larded with Pork or Bacon, season it with the same ingredients the Deer hath, that is, three Nutmegs, three races of Ginger, half an ounce of Cloves and Mace together; and halfe an ounce of Pepper, beat your spiccs altogether, more salt then seasoning, and likewise lay in

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in the liquor, bake it two hours, but
put one pound of butter in your pie
before you lid it.

A Potato Pie for Supper.

Take three pound of boiled and
blanched Potatoes, and three Nut-
megs, and half an ounce of Cinnam-
mon beaten together, and three oun-
ces of Sugar, season your Potatoes,
and put them in your Pie, then take
the marrow of three bones rouled in
yolks of Eggs, & sliced Lemon, and
Large Mace, and half a pound of
butter, six Dates quartered, put this
into your pie, and let it stand an hour
in the Oven, then make a sharp cau-
dle of Butter, Sugar, Verjuice and
white Wine, put it in when you take
your pie out of the oven.

Pigeon or Rabbet Pie.

Take one ounce of Pepper and
more Salt, then season your Pigeons,
or Rabbet, and take two Nutmegs
grated with your seasoning, then
lay your Rabbet in the pie, and one
pound

o hours, bo
in your pi
pper.
boiled and
three Nu
e of Cinn
three ou
Potatoes,
then take
rouled in
emon, and
pound of
d, put thi
d an hour
sharp cau
juoyce and
you take
Break two Eggs in three pints of
flower, make it with cold water,
then roul it out pretty thick and
square, then take so much butter as
you take
roul your paste very broad, and
take one part of the same butter in
little pieces all over your paste, then
throw a handful of flower slightly
on, then fold up your paste and beat
it with a rouling pin, so roul it out
again, thus do five times and make it
and one P.
pound

To make puffe paste.

A Pudding.

The a quart of Cream, and
Eggs, beat them, and strain them
into the Cream, and grate in
Nutmeg and half, take six spoon-
fuls of flower, beat half a pound
Almonds with some Cream, and
it into the cream, and mix this to-
gether, boil your Pudding an hour
and no more, first flower the butter
you put it in, then melt fresh butter
and take Sugar and Rose water
beat it thick, and pour it on the pud-
ding, you may put to a little Milk
and stick blanched Almonds and
Wafers in it; add to the same pud-
ding, if you will, a penny loaf gril-
led, a quartern of Sugar, two Mar-
row bones, one glass of Malt
Sack, six Dates minced, a grain
Ambergriese, a grain of Musk, two
or three spoonfuls of Rose water
bake the pudding in little wood
dishes, "but first butter them, you
Marrow must be stuck to and again
then bake it half an hour, five or

seven

g. Seven at a time, and so set them in
em, and order in the oish, and garnish them
d strain them with a sprig in the middle, and wa-
d grate iers about it, strew Sugar about the
ke six spoon branch, and sliced Lemon, set four
lf a pound round, and one in the top.

Frigasie of Veal.

Cut your meat in thin slices,
ing an hewe it well with a rouling pin, sea-
wer the hion it with Nutmeg, Lemon and
fresh buitt Thyme, fry it slightly in a pan, beat
Rose wan two Eggs, and one spoonful of Ver-
on the puruyce, and put it into the pan, and
little Milt r it together, and dish it.

Frigasie of Lamb.

Cut your Lamb in thin slices,
my loaf g season i: with Nutmeg, Pepper, and
two Ma Salt, mince some Thyme, and Le-
of Malley mon, and throw it upon your meat,
a grain then fry it slightly in a pan, then
usk, throw in two Eggs beaten in Ver-
ose water juyc and Sugar into the pan, also a
ittle wo handfull of Goosberries, shake it to-
em, you gether and dish it.

Frigasie of Chickens.

Kill your Chickens, pull skin
and

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and feathers off together, cut them
in thin slices, season them with thyme
and Lemons minced, Nutmeg and
Salt, a handfull of Sorrel minced,
then fry it well with six spoonfuls of
Verjuyce, one spoonful of Sugar,
beat it together, so dish it with sippes
abour.

Another Frigasie of Chicken.

Take the former ingredients, and
adde to it boild Hartechoak bottom
with the meat of the leaves, and
handful of scalded Goosberries, and
boiled Skerrets and Lettice tost'd in
butter when they are boiled, and two
spoonfuls of Sugar, two Eggs and
Verjulce beaten together, and lay
your Lettice upon your Chickens
before, and sliced Lemon upon it,
and sippes upon the Dish.

A Frijasie of Rabbets.

Cut your Rabbets in small pie-
ces, and mince a handful of Thyme
and

and Parsly together, and a Nutmeg, Pepper & Salt, season your Rabbers then take two Eggs, and Verjuice beaten together, and throw it in the pan, stick it, and dish it up in sippets.

To barb a Shoulder of Mutton.

Half roast your Mutton at a quick fire, cut it in thin slices, stew it with Gravy, Sweet Majoram, & Capers, and Onions, three Anchovies, two Oysters, half a Nutmeg, half a sliced Lemon, stir this altogether with the meat, let it stew till it be tender in a dish, then break 3 or 4 yolks of Eggs, and throw it in the dish with some butter, toss it well together, and dish it with sippets.

To make a Cake.

Take half a peck of flower, two pound and a half of Currans, three or four Nutmegs, one pound of Almonds paste, two pound of Butter, and one pint of Cream, three spoonfuls of Rose water, three quarters of a pound of Sugar, half a

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pint of Sack, a quarter of a pint
Yest, and six Eggs, so make it, and
bake it.

To make a Leg of Mutton three
four dishes.

Take a Leg of Mutton, cut off
the flesh and the bone, but save the
skin whole, divide the meat in three
pieces, and take the tenderest, and
cut it in thin slices, and beat it with
a rouling pin, season it with Nut
meg, Pepper and Salt, and mince
Thyme and Lemon pill, fry it till
be tender, then beat two Eggs with
a spoonful of Verjuyce, throw in
Anchovies into the pan, shake it
together, and put it into the dish
with sippets round the dish, bedreft
with Barberries scalded, parboiled
and hard Eggs minced.

Another part of the same meat
stew in a dish, with a little white
Wine, a little butter, and sliced Lemon,
one Anchovy, two Oysters,
two blades of Mace, a little Thyme
in a branch, and one whole Onion
tare

take out the Thyme and the Onion
when it is stewed, do it altogether on
a chafingdish of coals till it be ten-
der, then dish it, garnish your dish
with hard Eggs, and Barberies, and
sliced Lemon, and sippets round the
dish.

Take another part of the same
meat, mince it small with Beef suet
and a handful of Sage, to three
quarters of a pound of suet add
one pound of meat, you may use a
spoonful of Pepper and Salt, mix
this altogether and stufse the skin
of the Leg of Mutton hard, skiver
it close, and split it at a quick fire,
and well roast it in an hour.

Take another part of the same
meat, then put in the pepper and
Salt, with a grated Nutmeg, some
sweet Herbs, and a Lemon peel
minced, a penny loaf grated, one
spoonful of Sugar, a quarter of a
pound of Raisins, and a quartern
of Currans, minced altogether with
the meat and the Suet, and the rest
of

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of the Ingredients put to two spoon
fuls of Rose water, and as much Salt
as Spice, then make it up in little
long boles or roulz, and butter you
dish, and lay them in with a round
bole in the middle, set them in an o
ven half an hour, then pour the li
quor which will be in the dish, and
melt a little butter, Verjuice and Su
gar, and pour upon it, garnish you
dish, stick in every long roul a flou
of paste, and a branch in the middle.

To souce an Eele.

Souce your Eele with a handf
of Salt, split it down the back, tak
out the chine bone, season the Eel
with Nurmeg, Pepper and Salt
and sweet Hearbs minced, then la
a packthread at each end, and the
middle roul up like a Collet of
Brawn, then boil it in water, and
Salt, and Vinegar, and a blade of
two of Mace, and half a sliced Lem
on boil it half an hour, keep it in

o two spoons the same liquor two or three dayes,
as much Salt then cut it out in round pieces, and
it up in little lay six or seven in a dish, with Parsly
butter you and Barberries, and serve it with Vi-
ith a round negar in saucers.

To souce a Calves-Head.

Boil your Calves Head in water
and Salt so much as will cover it,
then put in half a pint of Vinegar,
a branch of sweet hearbs, a sliced
Lemon, and half a pint of white
Wine, two or three blade of Mace,
and one ounce or two of Ginger
sliced, boil it altogether till it be
tender, keep it in the liquor two or
three dayes, serve it, the dish upright
and stick a branch in the mouth
and in both the eyes, garnish the dish
wkh Jelly of pickled Cucumbers,
with saucers of Vinegar, and Jelly,
and Lemon minced.

A stewed Rabbet.

Cut your Rabbet in pieces, and
season it wkh Pepper, and Salt,
Thyme, Parsly, winter Savoury, and
sweet Majorans, three Apples, and
thre

three Onions minded altogether
Sew it till it be tender with Vinegar
and water, put a good piece of butter in,
stir it together In your dish
put sippes in the bottom, then sett
it up with the head in the middle
the dish with sippers in the mouth.

Lay your Pig in the same ingredients
you did for your Calfe's head
use the same for a Capon, and the
same for a Leg of Mutton.

To boil Chickens.

Boil your Chickens in water and
Salt, and wine Vinegar, a bladed
Mice, a good handfull of Endive
and as much Succory, two handfulls
of skerrits boiled and blanched, when
the Chickens and these things are
stewed, take a pint of Liquor up, and
put to a quart of white wine, and
one ounce and a half of Sugar, and
three Eggs to beaten it, a piece of
butter, and lay them in the dish, and
pour it on.

To boil a Rabbet.

Boil them in water and Salt,
mince Thyme and Parsly together,
a handful of each, boil it in some of
the same liquor, then take three or
four spoonfuls of Verjuyce, a piece
of Irish butter, two or three Eggs
same ingredit the Eggs together in the liquor,
Calfes head set it upon the fire till it be thick, then
pour it upon the Rabbet, so serve it in
n.

To boile a Duck.

Half roast your Duck with a
quick fire, take as much Wine and
Water as will cover him, take some
a bladed Thyme and Parsly, and one hand-
ful of Endive, and sweet Majoram, two blades
o handful of Mace, half a Lemon sliced, stew
ched, when these together half an hour without
things are Onions, take some of your liquor
or up, and thicken it with three or four
wine, and Eggs, two or three spoonfuls of
sugar, and Verjuyce; a piece of Butter, and as
a piece of much Sugar as will lie upon it, dish
e dish, and your Duck, and boil three or four
lices of Lemon by it self, and hard
Eggs

The Gentlewoman

put this upon you
pour your liquor up
therries, so you may be
with the same Ingredients
or Teal.

Cold Shoulder of Mutton.

is roasted, slice it, w
take two spoonfuls
and a little Thyme, and L
minced, half a Nutmeg, t
Barberries, a quarter of a peck
Eggs, mixed altogether, boil the
house in strong broth and wi
then pour it upon the meat
hard Eggs minced, and sipp
the dish, throw first Sal
ment, then the hard Eggs, a
Lemon and Barberries.

F A N I S.



True Gentlewoman

When minc'd, put this upon your meat, then pour your liquor upon it, with Barberries, so you may boyl it with the same ingredients as before, with Plover, or Teal.

A Roasted Shoulder of Mutton.

When it is roasted, flashe it, and garnish it, take two spoonfuls of Capers, and a little Thyme, and Lemon minc'd, half a Nutmeg, twelve Anchovies, a quarter of a peck of Oysters, mixed altogether, boyl them one hour in strong broth and white Wine, then pour it upon the meat, with hard Eggs minc'd, and sipp round the dish, throw first Salt upon the meat, then the hard Eggs, and sliced Lemon and Barberries.

FINIS.

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